THE SATURDAY EVENING POST

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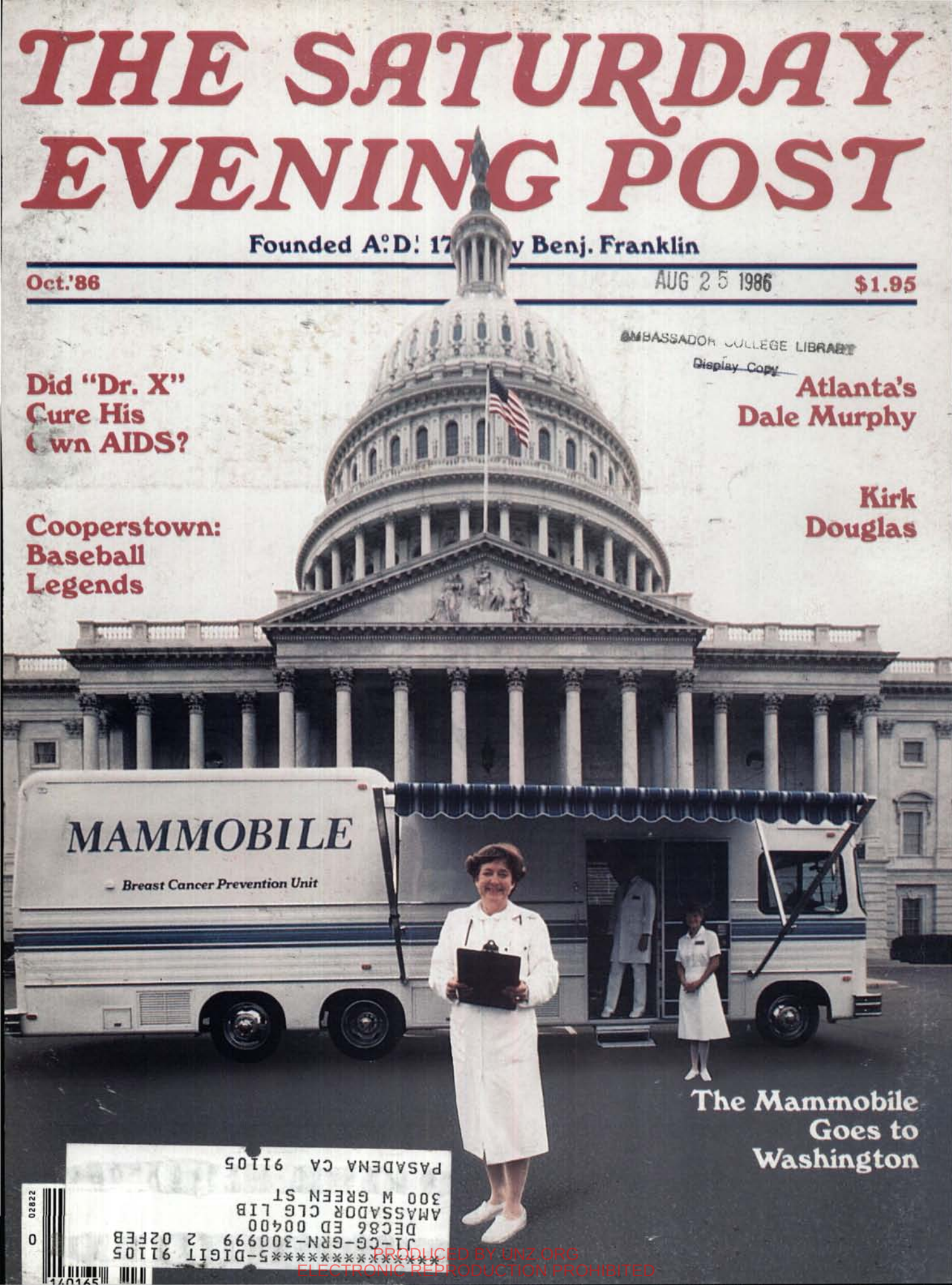
Atlanta's Dale Murphy

Kirk Douglas

Cooperstown: Baseball Legends



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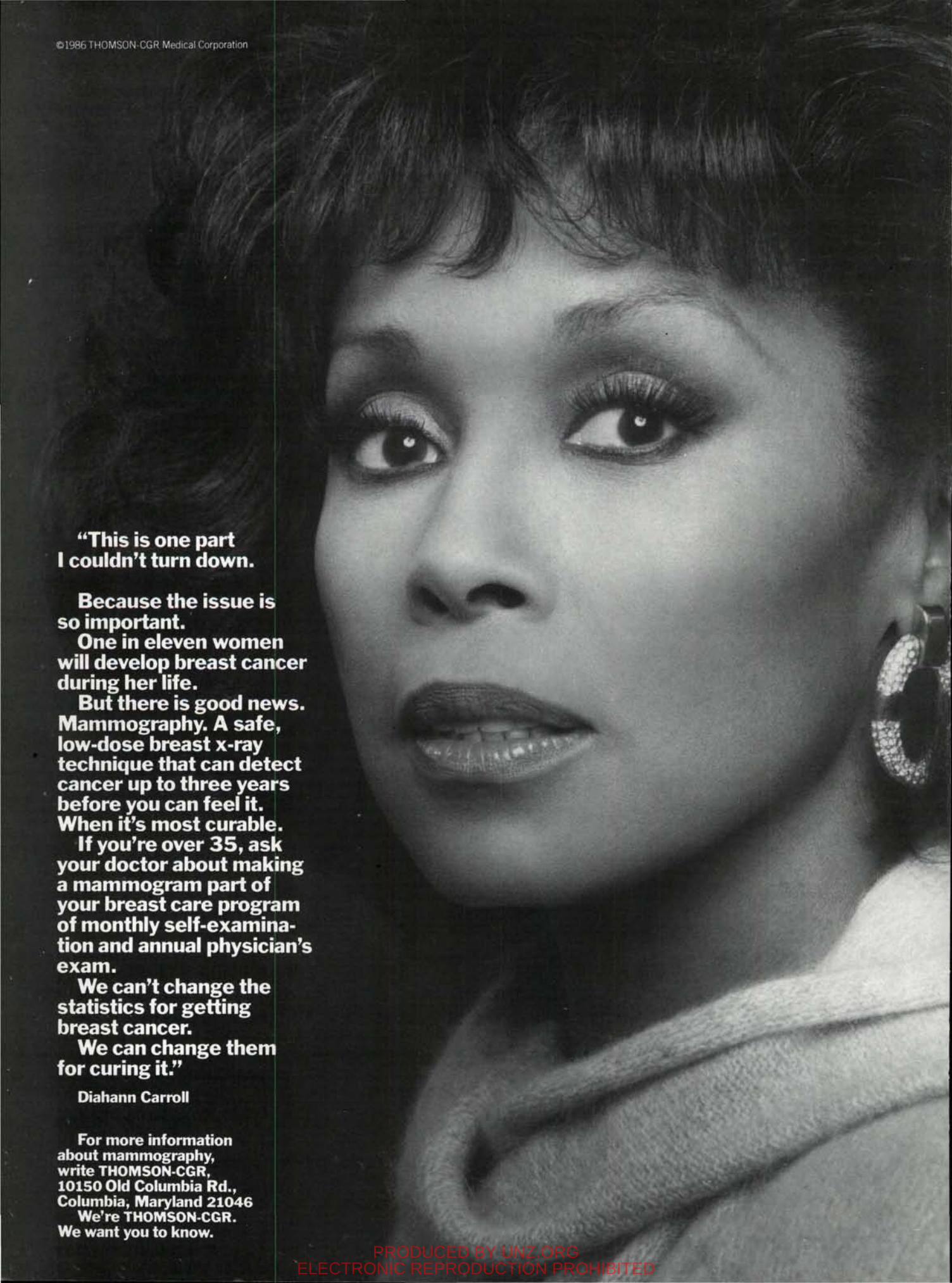

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Diahann Carroll

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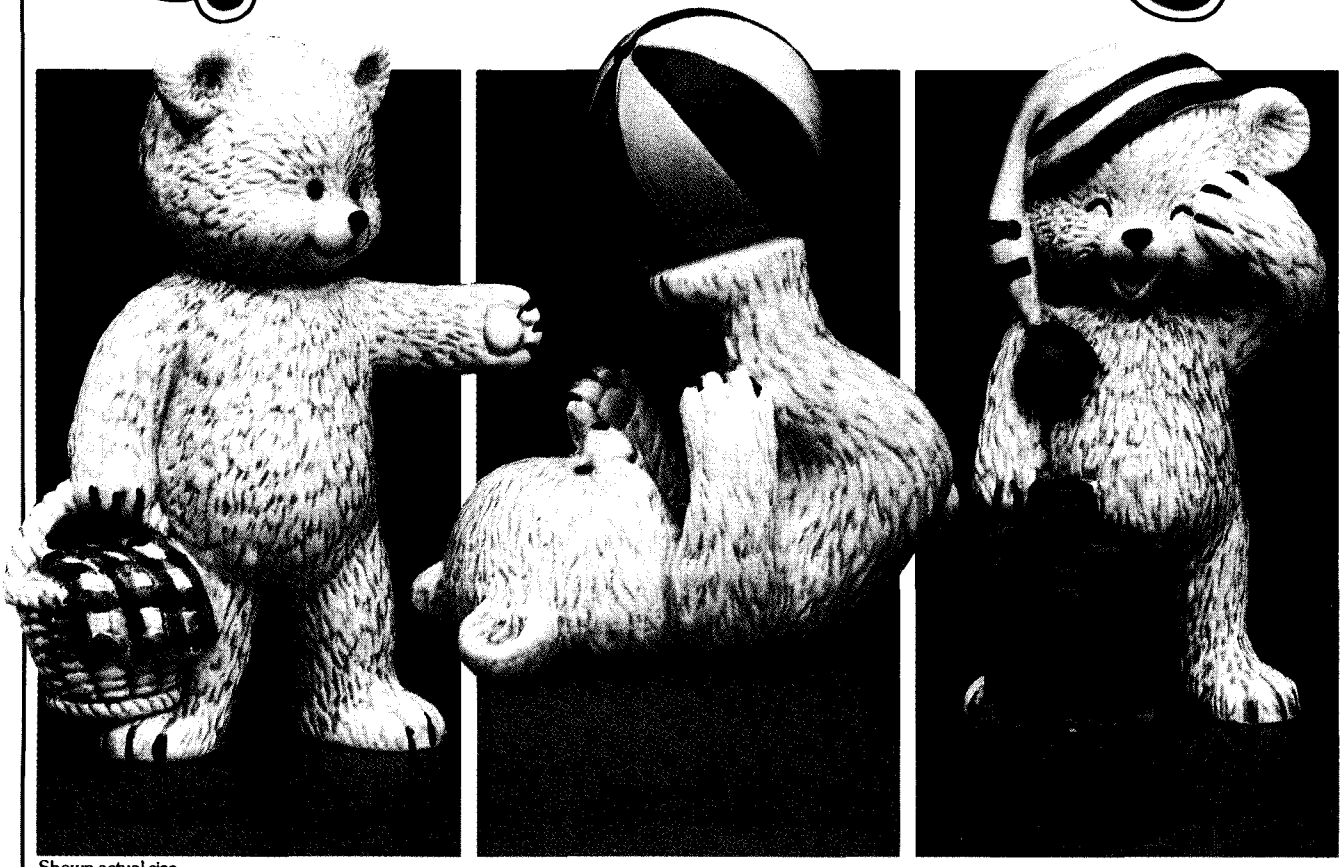

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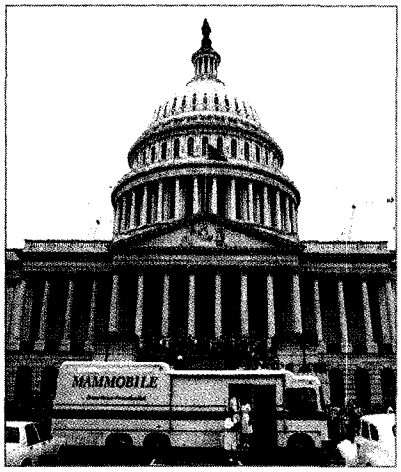

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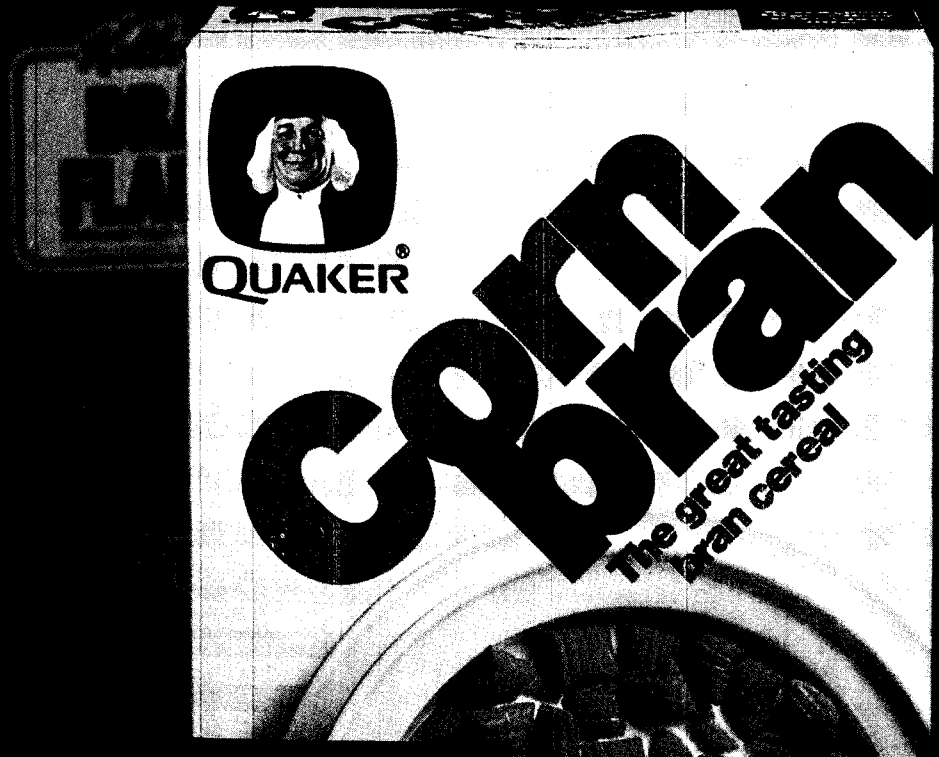

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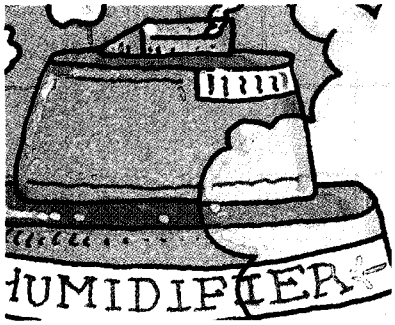

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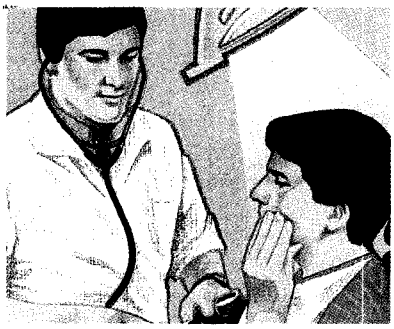

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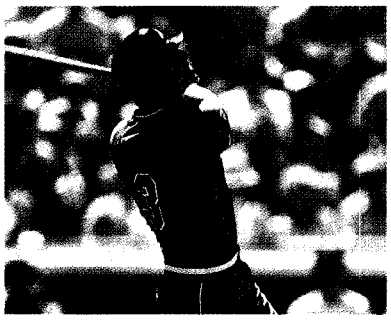

Clean-cut Dale Murphy—of baseball's Atlanta Braves, gets his highs from hitting home runs. **48**

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Letters

Mammograms in Worcester

I was pleased to note, in the July/August '86 issue of your magazine, excerpts from an article by Michael D. Wertheimer, M.D., associate professor of surgery at the University of Massachusetts Medical Center in Worcester. Dr. Wertheimer's comments on the early detection of breast cancer and the importance of mammography appeared in print just after a new Mammography Testing Center was opened here at the medical center, offering "walk-in service."

We at the medical center are proud of the work Dr. Wertheimer and his colleagues are doing to reduce the mortality rate from breast cancer, and we want all of your readers to know where he "works."

Myrna L. Baylis
Assistant Vice Chancellor
University of Massachusetts
Worcester, Massachusetts

Freedom from Fear

I have read with great interest your many articles and surveys on health and stress diseases. After having had no serious illness during my married life, at 61 I was experiencing osteoporosis, uterine cancer, throat and chest cancer, a broken leg, and water on the outside of my lungs—all in a period of seven years.

From the radiation treatments, in 1972-73, I have had a very severe case of diarrhea, trying every possible remedy recommended to no avail.

Thanks to this wonderful colitis diet I am free from the fear and anxiety of not getting to the bathroom on time. I no longer look for bathrooms in all my activities away from home. I bless all of you who are working on this depilating problem.

Mildred Noble
San Jose, California

If the "T" Fits

I was reading the May/June '86 issue of the *Post* and am very interested in getting some information about something that was in two of your letters to the editor.

Evidently in the previous issue there was something in regard to a "Colitis Club Diet." If it is at all possible I

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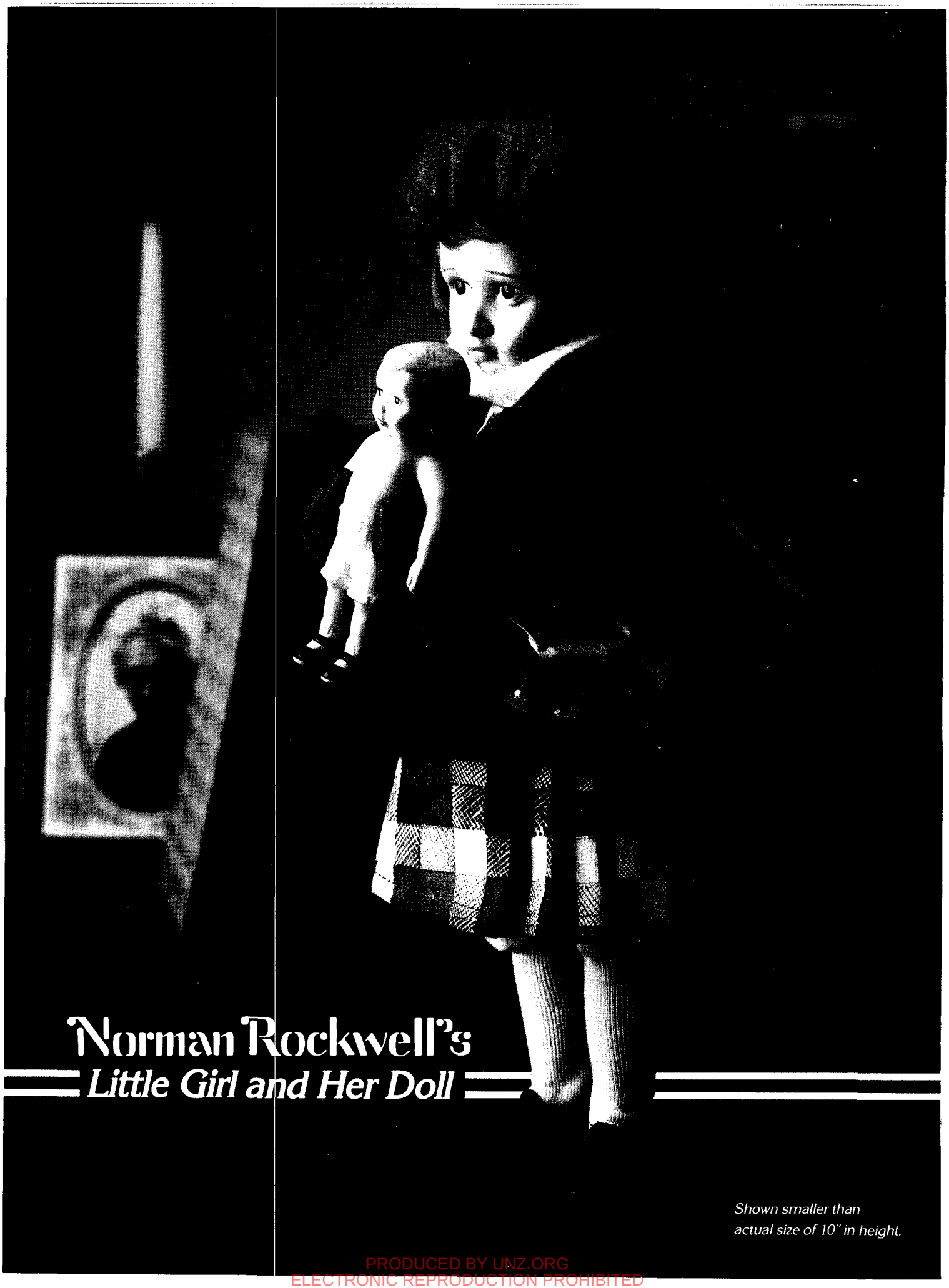

Norman Rockwell's
Little Girl and Her Doll

Shown smaller than actual size of 10" in height.

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would like a copy of this diet, or any information that you can give me about it, for I have this problem, and the second letter describes it to a "T."

Any help you can give me concerning this will be extremely appreciated.

Jean Harmon
La Salle, Illinois

Please see this month's "Medical Mailbox."

Giving Tinnitus a Hearing

I am writing to you concerning an article published in the May/June '86 issue of *The Saturday Evening Post*, entitled "The Case for Magnesium." In the article (page 64) on line 28, could the words "severe tetanus" be a misprint? Do you mean "severe tinnitus"?

I belong to a self-help group at the GBMC hospital in Baltimore, Maryland, and am writing on their behalf. We (90 members) are all tinnitus afflicted and are constantly looking for means of dealing with this affliction. If your study indicates that "Slow-Mag" would relieve severe tinnitus, it could be another tool in dealing with the malady. Hoping to hear from you.

Horace E. Bright
Baldwin, Maryland

You are partly right. What we meant to say was that it could cause severe tetany, or spasms on the muscle. Tetanus is one of the causes of tetany.

We have no particular research that indicates magnesium would be of help to tinnitus sufferers. As we mentioned, the mechanisms of the body's use of this mineral are poorly understood. If any readers who have this problem have found taking magnesium helpful, we would appreciate it if you could let us know.

In the meantime, there is a networking association for people with your problem. The Hearing and Tinnitus Help Association (HTHA) puts out a newsletter, helps with public education functions, and conducts research into the causes and treatments of those with the affliction. For further information contact the association at HTHA, P.O. Box 97, Skillman, NJ 08558.

Lysine Love Letter

Thank you for a fine magazine. We commend you and your staff for the excellent work done in choosing the articles, artwork, etc.

I have gleaned some very good information from "Medical Mailbox" and have shared it with relatives and friends.

The information regarding lysine has been very helpful. We have found that taking lysine at the first sign of a cold sore (herpes) quickly stops the process and brings relief in a few hours. We always have a supply on hand and have told others about it.

A few months ago, our neighbor complained about some sores on her body. After seeing her doctor she shared with me that he had told her that she had shingles. She was rather upset knowing what she might expect. I told her about lysine. She went to a store near us and bought some, which she started taking right away. She started with one tablet, four times a day. Within a few days she saw a dramatic improvement, and within about two weeks she was completely well, having had little or no discomfort.

Another acquaintance developed shingles, the worst her doctor had ever seen. He predicted a six-week to six-month period before recovery. I sent word to her to try lysine, and once again, remarkable results. Her doctor was amazed at her recovery.

Catherine E. Rogers
Ozona, Florida

Granting Amy Her Due

Who else could appeal to three generations of my family, including my 90-year-old grandfather? Your article on Amy Grant in the May/June '86 issue clearly portrayed a woman of quiet Christian assuredness who seems as refreshingly ingenuous and warm as she is wonderfully gifted in her music. Although we live more than 400 miles from Boston, after experiencing the great joy of her "Unguarded" performance here last April, we will definitely be there this summer to see and hear Amy.

Pamela A. Mestler
Henrietta, New York

Dear Mr. Gold:

I am writing to say a big "thank you" for your article in the May/June '86 issue of the *Post* regarding Amy Grant.

As she is relatively "new" to the public spotlight, I have had the opportunity to read several articles and

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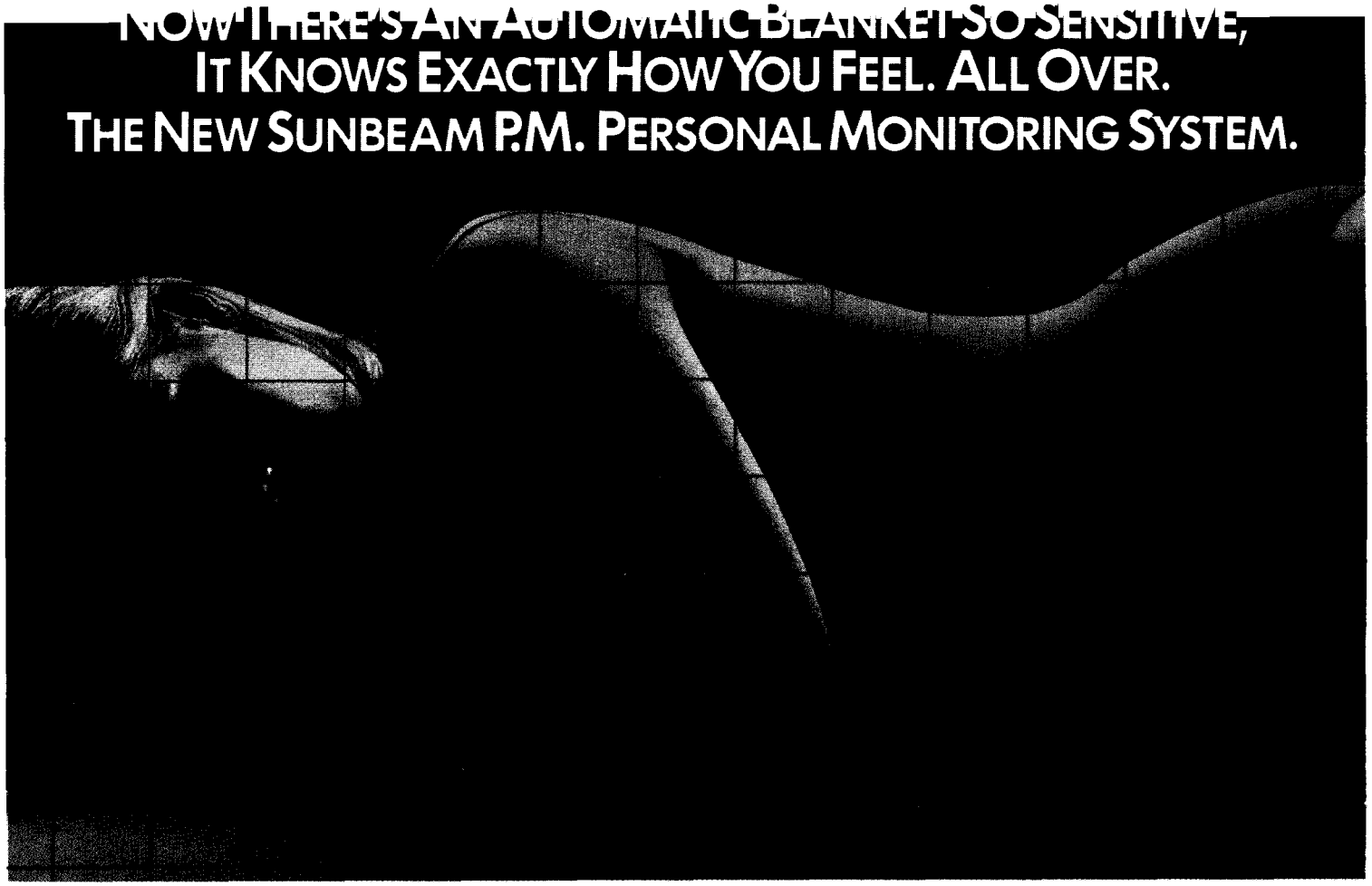
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interviews about the young singer, and I must say, having met and talked with her myself—yours has seemingly been the most accurate of them all. It was so refreshing to read an interview in which she was not morally attacked, misquoted, or made out to be a big controversy. Her "specialness" speaks for itself in your article, and as I was reading, it brought back some very special memories of conversations with her that I have been blessed with in the past. I somehow get the feeling that you, too, walked away from her somewhat impressed with what you heard and saw.

I don't know what your religious convictions are, sir, but I do appreciate the way you handled writing about someone who has really done a lot for me personally. People like her are very unique, and as the Lord knows, this world sure could use a lot more just like her—someone who genuinely loves and is truly devoted to the uplifting of her fellow humankind. Thanks to you, perhaps some hearts were opened, or at least those who have never really heard her music will start to listen and understand a little more about the heart behind the song.

Dori Magee
New Hartford, New York

Golden Girls Losing Luster?

I subscribed to *The Saturday Evening Post* based on a valid deduction that it had decided to present morals a Christian would be proud of. It is true some articles and stories do just that—then in the same issue there will be a lengthy article praising the immoral.

If you can believe the article by Todd Gold, "Golden Girls in Their Prime" (July/August '86 issue), then I definitely hold the minority view. But, lest the editors think no one disagrees with the morals espoused by "Golden Girls," let it be known that I and many others I've spoken to find the program obscene, vulgar, and disgusting.

An interesting and surprising thing is that the women over 70 years old that I questioned thought it was a funny program because it was "just entertainment, not to be taken seriously." The younger women who still had mates and were trying to make good marriages better were horrified that anyone would think it funny that a man died while committing adultery.

Even the *Post* had to censor some of the swear words in the article that are used freely on the TV program. Although I've personally checked only parts of two programs, that was enough to cause me to wonder about how poor taste has become common.

Norma Rosenberry
Hendersonville, Tennessee

***Post* Illustrated**

I just received my copy of the July/August '86 *Post* with the incredibly fantastic cover by J.C. Leyendecker. He is a brilliant illustrator whose wonderful covers should be rerun once or twice a year at least (as in 1975 and '76). As far as I know, there are no beautiful books to be had filled with his *Post* covers as there are with Norman Rockwell's. I don't know why this is, only that it is. As one reader wrote in the latest issue, "Norman Rockwell's style continues to live through Lucian Lupinski."

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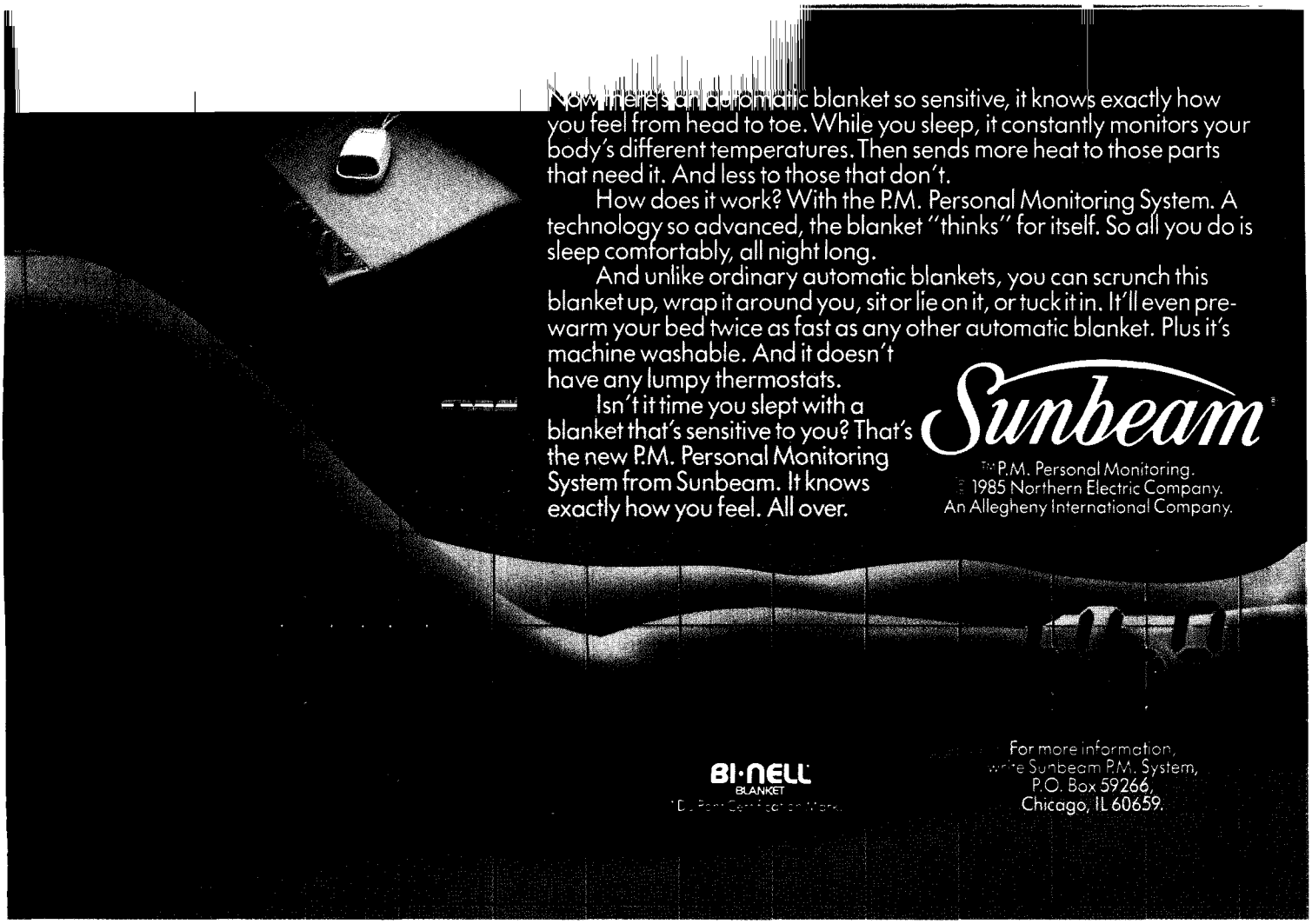
Now there's an automatic blanket so sensitive, it knows exactly how you feel from head to toe. While you sleep, it constantly monitors your body's different temperatures. Then sends more heat to those parts that need it. And less to those that don't.
How does it work? With the P.M. Personal Monitoring System. A technology so advanced, the blanket "thinks" for itself. So all you do is sleep comfortably, all night long.
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Isn't it time you slept with a blanket that's sensitive to you? That's the new P.M. Personal Monitoring System from Sunbeam. It knows exactly how you feel. All over.
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For more information,
write Sunbeam P.M. System,
P.O. Box 59266,
Chicago, IL 60659.

I'm enclosing three of my favorite Leyendecker covers I hope you'll run at a later time: the exquisite "Silent Night" (12/28/35), "Honeymoon" (6/20/36), and of course, the one of the baby boy reaching into the Christmas stocking (12/24/38). By the way, in the June '86 issue of *Esquire*, there is an Arrow shirt ad of the "new" Arrow man by LeRoy Neiman featuring a tribute to J.C. Leyendecker, which I'm enclosing for you also. I certainly hope the *Post* will continue to pay tribute to Leyendecker; tragically, no one else seems to be doing so. I'd love it if you'd do an issue featuring his works on the inside on paper suitable for framing.

Robert J. McGowan, Jr.
Van Nuys, California

Magazines Are Better

The news is whatever the TV networks say it is. If two people are killed in South Africa today, then that is the most important news in the whole world, and ABC-TV, CBS-TV, and NBC-TV will spend half of their evening news reporting how ruthless and murderous the South African government is.

And this on the same day that 200 people were killed in Ethiopia. The difference is that those that were killed in South Africa were Marxists, but those killed in Ethiopia were killed by Marxists. It is news only when the Marxists are being killed.

The TV networks in America, as well as the rest of the free world, are being run by the same people who are running the United Nations and the World Court.

In fact, the TV networks are running the world's affairs. Television bosses tell the world what they want the world to hear. They mold public opinion, and free governments are guided by public opinion.

It is these unelected men of the TV networks who are running the free world, not elected officials. For example, President Reagan and the Congress are going to be forced to put sanctions on South Africa whether they want to or not. They cannot withstand this public opinion that was created entirely by television propaganda.

The Marxists used to boast how they were going to win, but they have become smarter and more devious now. I remember shortly after WWII that the Marxists said they would win through propaganda. Nobody believed them then. The tragedy is that nobody believes it now, and it is happening right before our eyes.

Jesse C. Hartman
San Francisco, California

Not Hully Incorrect

The use of the word "hulless" in your lysine advertisement at least 16 times called my attention to the fact that it probably should be spelled "hull-less." You might try "huskless" if you care about being correct.

Mrs. N.C. Noyes
Dedham, Massachusetts

"Hulless" is an accepted variant of "hull-less." Even though it is not technically wrong, we agree with your contention to the extent that it looks *wrong—but other people make the decisions on our ads. We wish we'd had your advice a little earlier; we think "huskless" is a great way to*

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skirt the whole problem.

The Lion and I

In the July/August '86 *Post*, there appeared the story "Monarch." I have read it three times, and am sure I'll read it some more. The pathos in that story produced a real boohoo cry for me. You see, the lion and I have something in common. I am 93, and there are many things left undone, but I hope I will pass out, doing what I can do best. More power to the author, for he understands animals—and I love them all.

Lucille Minkles
Healdsburg, California

Slow, But Sure

Please pardon me for being so slow in acknowledging such a nice gift as a subscription to *The Saturday Evening Post*. I also received the *All-American Cookbook*—a treasure.

When you reach those years a little older than mature, and the ones you chat with are gone one by one, you appreciate those advertisements in the *Post*, a friend you can depend on. I will be 92 this year.

Hazel Louise Soper
Williamson, New York

*Post*marked

In reference to a letter in the December '85 *Post*, I hope it's not too late to get Bev Moodie's address in South Africa. Our church women's group—mostly homemakers—would like to know firsthand how happenings there are perceived by ones similar to ourselves.

Elizabeth LaLonde
Sequim, Washington

The address you're asking for:
Bev Moodie
Co-Founder/Director
HEW's South Africa
Johannesburg
P.O. Box 1611
Alberton, 1450
South Africa

Sew Right

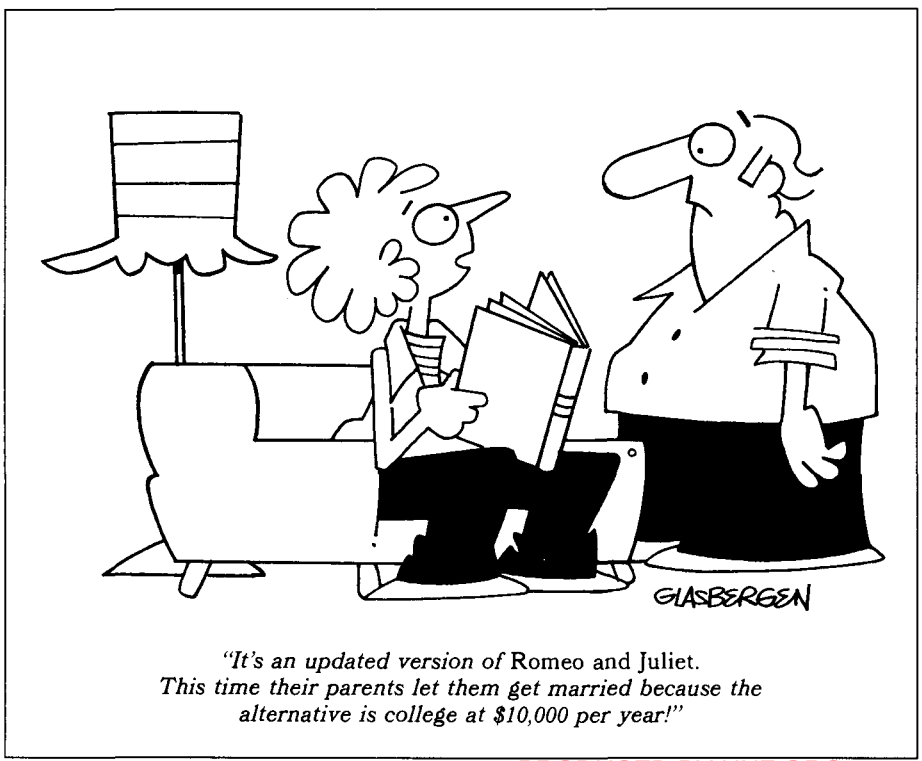
I would like to put you on to a great human-interest story and one dealing with basic rights of people. A few months ago, the Department of Labor came down to North Carolina and stopped people from sewing gloves in their homes for a local manufacturer. They were earning about 60 percent above minimum wage and were able to do this in their homes while they took care of other things such as looking after children or ailing parents or whatever. They did not incur the expense of traveling to a manufacturing plant, nor did they incur the expense of having to buy clothes to dress for public work. They were able to be at home when their children left for school and there when they came home from school. Yet all of this is illegal for six industries in this country. It is illegal because the labor unions in these industries were powerful enough in the late 1930s or 1940s to get some rules made in the Department of Labor forbidding home work in these industries. This is not unique to North Carolina. There has been a great deal of problem in this area in Vermont, Wisconsin, and I understand now possibly in Nebraska. In Nebraska, I understand that some farm women have a $3 million business going in this general fashion and are evidently being threatened that they will lose the opportunity to do this work.

Under these rules, it is legal to sew for a manufacturer in your home a man's suit but not a woman's dress. It is legal to make a golf glove but not a work glove. It is legal to crochet a ski cap but not knit a ski cap. It is legal to sew a pair of men's broadcloth boxer shorts but not a pair of ladies' panties. It is legal to sew a pair of blue jeans but not put the embroidery on them. And so on and so on.

A few weeks after the government shut down the North Carolina operation, one of the women involved committed suicide. It is not known what impact the loss of her job may have had on her decision to take her life, but it is certainly suspect. The family does not wish to talk about it.

Involved are the basic rights of people to do as they please in their own homes. Involved is the basic right of a person to contract for his own services if he wishes. Involved is the right of a manufacturer to enter into a contract. Isn't it incredible that in America such travesty on individual rights can happen? Our Statue of Liberty must be hanging her head in shame on this one.

W.D. Stedman
Asheboro, North Carolina



"It's an updated version of Romeo and Juliet. *This time their parents let them get married because the alternative is college at $10,000 per year!"*

Granted, She's Good

What a wonderful article you published on the gospel singer Amy Grant! Rarely have I seen this young artist so accurately portrayed as the beautiful, talented, and anointed woman that she is. All too often, her efforts to reach both Christian and secular crowds have been misunderstood and even misjudged by both sides of the music industry.

Alicia Wienenga
Aptos, California

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WHAT YOUR MOUTH CAN TELL YOUR DENTIST

More than forty diseases—some of them life-threatening—can be detected during an oral examination.

by Laurie S. Senz

Illustrated by Marcus Hamilton

The pain in David Rogers' lower jaw was getting worse. It was beginning to interfere with his concentration. Reluctantly, he took time from work to visit the nearest dentist.

The dentist made a thorough examination. He even took Rogers' blood pressure. "Your heartbeat sounds very irregular to me," he said as he removed the stethoscope. "It may be normal for you, but I think we should check it out before we go any further."

Rogers protested. Except for his aching lower jaw, he felt fine. But the dentist was insistent, so Rogers finally gave in and went to see a physician in the same building. "Anything to get rid of this pain in my mouth," he muttered.

The pain, it turned out, was a lifesaver, for the physician discovered that Rogers was in the early stages of a heart attack. Fortunately, he was able to abort the attack before it did serious damage. Rogers was lucky. His dentist had known that lower-jaw pain may be a symptom of a heart attack. A few months later, the grateful Rogers returned to the dentist, this time to thank him. "You probably saved my life," he told him.

• • •

Lucy Parker rarely got cavities. Nevertheless, she believed in regular dental checkups.

During one checkup, her dentist found a whitish patch. It turned out to be cancer. In her case, there was no doubt. The checkup really did save her life.

Both David's and Lucy's stories are true. They illustrate the vital importance of regular trips to the dentist. A six-month checkup can provide the first warning not only of dental disease, but of general health problems as well.

Pain in the lower jaw may be caused by a problem tooth, but it may signal a more serious condition.

"Cancer and heart disease are the two biggies that kill people," says Dr. Michael Roberts, the chief of patient care at the National Institute of Dental Research. "But they are not the only health problems that can be spotted by a dentist." According to the American Dental Association, more than 40 serious ailments, including diabetes, bulimia, brain tumors, and AIDS, can be detected in the mouth.

"The mouth is the most visible and accessible barometer of the body's health," says Dr. Lawrence Cohen, chairman of the Department of Dentistry at the Illinois Masonic Medical Center. "It's a mirror of disease, because it's such an easily observable area. All you need is a bright light and a dental mirror. You don't have to use tubes as you do to see into the gastrointestinal tract."

The American Cancer Society estimates that this year alone 29,000 patients will be diagnosed with oral cancer, and of this number, 9,500 will die. "If you go regularly to your dentist," says Dr. Diane Stern, a Florida oral pathologist, "the likelihood is that, if you develop oral cancer, it will be spotted in an early stage. And the smaller the malignancy is at the time of diagnosis, the more likely you are to be cured." Dr. Jerry Rosenbaum, a Florida periodontist, agrees: "A patient's survival rate is directly related to the time the cancer is found."

Dentists may also detect numerous health problems that are not life threatening. "One of the most common conditions people get is canker sores," Dr. Cohen says. "If you deal with the younger age group, then you see a lot of the acute infections such as herpes and trench mouth, which is due to bacteria and causes open sores between the teeth. Other symptoms may be pain and a bad taste in the mouth."

Certain blood diseases, such as anemias, can also be detected in the mouth very early, Dr. Cohen adds: "For example, a burning or sore tongue and pale gums are common symptoms of iron, folic acid, and vitamin-B_{12}-deficiency anemias, while sickle-cell anemia may present itself as an unnatural paleness of the mucous membranes."

"The dentist is the doctor of the mouth," Dr. Roberts explains. "He is the expert on the head, neck, and oral cavity. He knows what normal

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tissue looks like, and he looks for things that are not normal. If something looks or feels unusual, then he will pursue it and, if necessary, refer the patient to a physician or specialist for a workup and diagnosis."

"That's one of the reasons we stress regular preventive care," Cathy Penesis of the American Dental Association says. "Not only for the health of the teeth, but for the overall health of the individual."

Health Problems Your Dentist May Detect

A dentist can spot an amazing variety of health problems during a simple checkup, the most usual ones being cavities, periodontal disease, and orthodontic needs. Other ailments that the dentist might be the first health practitioner to diagnose include:

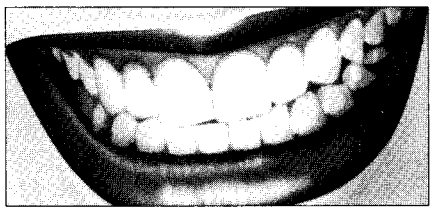
AIDS
Syphilis
Multiple sclerosis
Gonorrhea
Thyroid problems
Herpes
Sinusitis
Shingles (herpes zoster)
Diabetes
Infectious mononucleosis
Leukemia
Oral cancer
Anemias
Bone cancer
Certain genetic diseases
Brain tumors
Hypertension
Gastrointestinal disorders
Canker sores

Oral Cancer Warning Signals

The most common warning signals of oral cancer are:

1. A sore that bleeds easily but doesn't heal.
2. A lump or thickening within the mouth.
3. A reddish or whitish patch that persists.
4. Difficulty in chewing, swallowing, or moving the tongue or jaws.

32 important reasons to ask your dentist about gold.



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In Minnesota call: 1-800-247-0354.
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Your teeth will tingle to the ultrasonic action that powers away stains with 40,000 vibrations per second. No cleaning agent works quicker or more efficiently. This is what you've been waiting to get your teeth into.

For more information, write Sunbeam Ultrasonic Denture Cleaner, P.O. Box 59549, Chicago, IL 60659.

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MEXICAN LEAN CUISINE

Use your microwave to make delicious Mexican dishes low in cholesterol and fat.

by Jacquelyn Nyenhuis

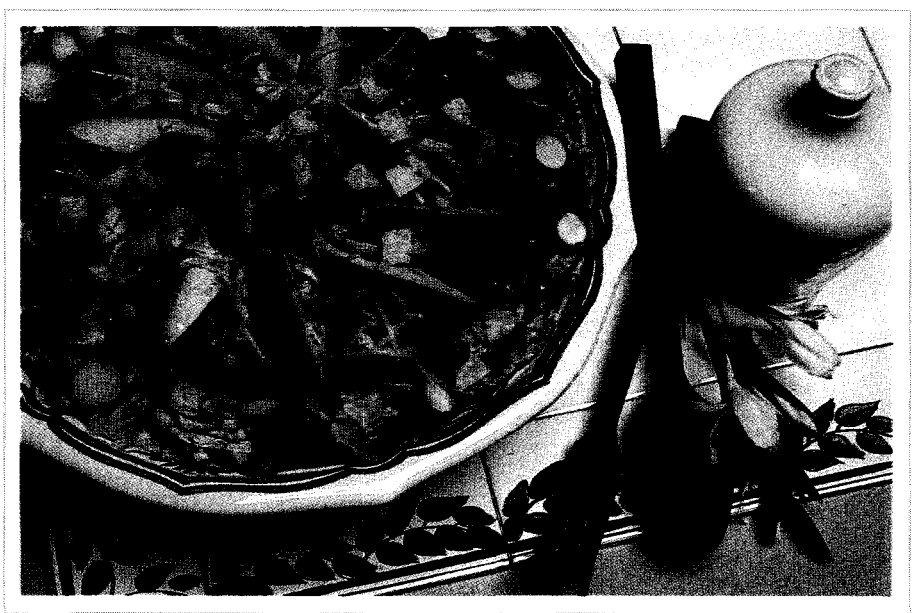
"Too much fat! Too many calories!" has long been the lament of diet-conscious eaters struggling to avoid the Mexican taste sensations sweeping the country. Mexican cooks have traditionally relied on fatty salt pork and cured meats to flavor their spicy dishes. Americans have added fuel to the fire by substituting meat for bean stuffings and insisting on fried tortillas instead of the Mexicans' healthier oven-baked variety.

Yet with a little healthful ingenuity and the aid of the microwave oven, we can trim the calories and still keep the original flavors of Mexican food. Substitute low-cholesterol chicken and fish for the high-calorie meat fillings by using our Cheese Chilito and Shrimp Burritos recipes. Experiment with different vegetable combinations in the chili rellenos. Rather than frying the traditional refried beans in fat, microwave them with cilantro and cumin to add flavor without adding extra fat and calories.

Tamales, a Mexican favorite, adapt well to the microwave. Microwaves do not cook the tamales themselves, but work instead on the water molecules in the sauce. As the sauce boils, the tamales cook in the escaping steam. Be sure there's plenty of sauce, or microwave energy will be directed at the individual tamales—and they'll turn out tough. To ensure tender tamales, not only use adequate liquid but cover the dish with plastic wrap to trap the heat and the moisture.

Packaged tortillas can also be easily heated in the microwave. If you prepare the entire package, cut a small slit in the bag to allow the steam to escape. For a smaller portion, place the tortillas in a plastic bag and fold the end of the bag under them. If the tortillas dry out from over-cooking or lack of moisture, wrap them in a damp cotton towel and microwave at High until they are heated through (two to three minutes).

Microwaving Mexican meals can mean lighter entrées without sacrificing flavor. To reduce the fat and calories even more, omit the cheese or use half the amount called for in the recipes. Eat without guilt and enjoy. Olé!



With the help of your microwave oven, you can treat your hungry amigos to a tasty and nutritious Taco Salad that is high in flavor and low in fat.

Taco Salad

(Makes 6 servings)

1 medium head lettuce, torn into bite-sized pieces
¼ cup sliced radishes
½ pound extra lean ground beef
1 small onion, finely chopped
½ teaspoon chili powder
1 clove garlic, minced
2 medium tomatoes, diced
¼ cup chopped, seeded green chilies
¼ teaspoon salt substitute
1 avocado, peeled and sliced
1 cup shredded Cheddar or Monterey Jack cheese
1 cup coarsely crushed corn chips
½ cup sliced pitted ripe olives

In a salad bowl, arrange lettuce and radishes. Cover; refrigerate until serving time. In 1-quart casserole, crumble ground beef. Stir in onion, chili powder, and garlic; cover. Microwave on HIGH (100 percent) until meat is no longer pink (2-3 minutes); pour off fat. Stir in tomatoes, chilies, and salt substitute; cover. Microwave on High until tomatoes are soft (2-3 minutes).

To serve: Pour hot beef mixture over lettuce and radishes. Top with avocado, cheese, corn chips, and olives. Serve immediately.

High-Lysine Tamales

(Makes 2 dozen)

24 dried cornhusks
2 cups high-lysine corn meal
2 teaspoons baking powder
1 teaspoon salt substitute
⅓ cup shortening
¾ cup chicken broth
½ to 1 cup all-purpose flour
Filling:
1 cup Frijoles (see recipe below)
¼ cup sliced green-onion tops
Dash hot pepper sauce
1 can (13 oz.) enchilada sauce

continued on page 98

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Now Lenox has captured the essence of nature's most symbolic creation in *The Lenox Crystal Rose Vase.* Handcrafted of full lead crystal, each vase is individually *cut by hand.* No two are exactly alike; *each* is a unique work of art.

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A work of art in crystal is *alive* with light, always dramatic and excitingly new to the eye. Its beauty ever-changing as the light passes through, *The Lenox Crystal Rose Vase* will be enjoyed—and prized—today, and for generations to come.

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And it makes an inspired gift for someone special. With its message of love, this magnificent vase will be a constant reminder of your thoughtfulness.

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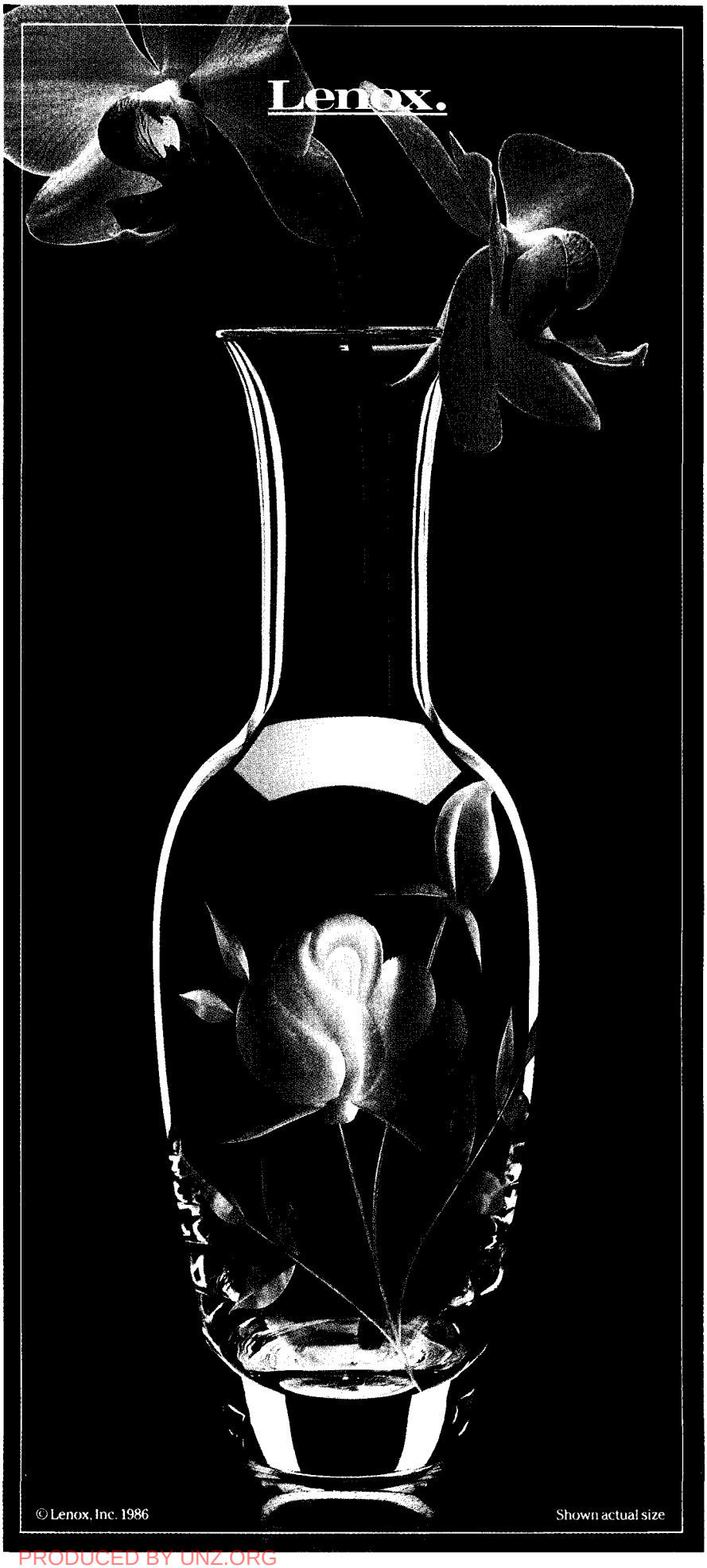

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SPEAKING OUT

DUSTY'S DECISION

At any moment in your life, you can choose to leave the path you're on and start over on a new one.

by Bob Slosser

Illustrated by Rick Gonzalez

I've written much this year about the horrors of America's drug problem and about the evils of drug trafficking. Now let me tell you about a friend of mine whose story adds a special human and spiritual dimension to the drug problem.

My friend is Denise Donaldson. Some people call her Dusty. Dusty was born in Massachusetts 31 years ago. Her stepfather, an ex-convict from the hills of West Virginia, taught her to play poker, drink wine, and cuss while she was still a young child. "I was a scrawny, mean little kid," she says. "I was just rebellious, and that made my stepdaddy proud. Like when I got suspended from school for fighting, he was real proud of me—because his principle was 'Don't take no crap from nobody.' "

Dusty's early life was a series of slum apartments, foster homes, hippie escapades, runaway trips up and down the East Coast, and indiscretions with male companions. She dropped out of school at age 16, married, roamed, had three babies, and took drugs and alcohol.

Sometime during her meandering, Dusty saw a picture, perhaps on a calendar. It was sentimental, corny, and lacking in artistic quality. Nevertheless, it penetrated the fog for a few moments, and she remembered it. "It was a picture of two pathways crossing a meadow," she says. "I don't even remember who showed it to me. All I remember is seeing that picture and being told: 'At any moment during your life, you can choose to leave the path you're on and start over on a new pathway.' "

But the fog closed back in, and all alternative pathways vanished. More madness followed: dope, alcohol, carousing, and such peculiar jobs as scraping rust in the belly of a huge aircraft carrier and hauling drunks as a third-shift cabdriver.

Then came a fourth pregnancy. She struggled through it by smoking marijuana and eating brownies laced with it. The pregnancy had numerous complications. Finally she contracted an infection, and the doctor scheduled emergency surgery to save her life and the baby's.

"I wanted to stay awake during delivery," Dusty recalls, "but they put me to sleep. The next thing I knew, they were trying to wake me up. 'Mrs. Donaldson! Mrs. Donaldson!' the nurse was saying. 'We want you to see your baby. Mrs. Donaldson, there's a problem with your baby.' The nurse was very sad, almost crying. 'We're going to take good care of him,' she was saying, 'but there's a problem.'

"Then they wheeled the baby over to me. He was in this little incubator. I turned my head to look, but I couldn't move very well because I was in a lot of pain from the surgery. Then I saw my son. And our eyes just locked. He had big brown eyes, and I know he saw me. I was just so far from God. I held my finger out to my baby, and God let my baby grab my finger, and it was very special. But that was the only time I saw my son alive."

After the baby's death, Dusty cast all restraint to the wind. In the hospital she gobbled up every kind of medicine and drug she could get her hands on and fell into serious dependency. Desperate for relief, completely without hope, she signed herself out of the hospital and went on a binge worse than any she'd been on before. "I drank; I did drugs; I sought male companionship; I did everything, trying to ease the pain. But don't misunderstand me. This was nobody else' fault, nobody else' responsibility. I was responsible. I just was out of control," she says. The binge lasted two months, and everything turned to a blur. Nobody could help her, it seemed.

Then one day she noticed she was having trouble with her speech. She couldn't remember common words, and her sentences would trail off into space. "That scared me, and somehow penetrated the blur," she says. "I made up my mind then that I'd stop getting high. I wasn't going to give up partying, but I'd stay sober."

A few nights later, still determined to stay sober, she went barhopping. "And I blew it," she says. "I was a mess. I got wiped out, got rowdy and drunk. I stayed up until four in the morning and then fell asleep on the sofa with my clothes on."

Her mother-in-law was taking care of her three children, but Dusty had agreed to take her oldest son to the doctor that morning to be treated for a serious allergy. She says she was in

continued on page 103

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OCTOBER ON THE 700 CLUB'S LIFE DIGEST

Rx for Aids?

Medical researchers are still seeking a cure for AIDS, but one doctor's self-prescribed treatment of lysine, Tagamet, and acyclovir made him a new man. Learn more about this doctor who once suffered from AIDS symptoms and now feels great.

Wake Up To Insomnia

Daytime activities and problems can result in sleepless nights. Discover how to solve this tiring problem without medication and how to choose a sleep aid when necessary.

Telltale Teeth

Routine dental check-ups can reveal more than just cavities. Find out how dentists can diagnose a growing list of non-dental illnesses by looking at your teeth.

The 700 Club

TV JOURNALISM WITH A DIFFERENT SPIRIT

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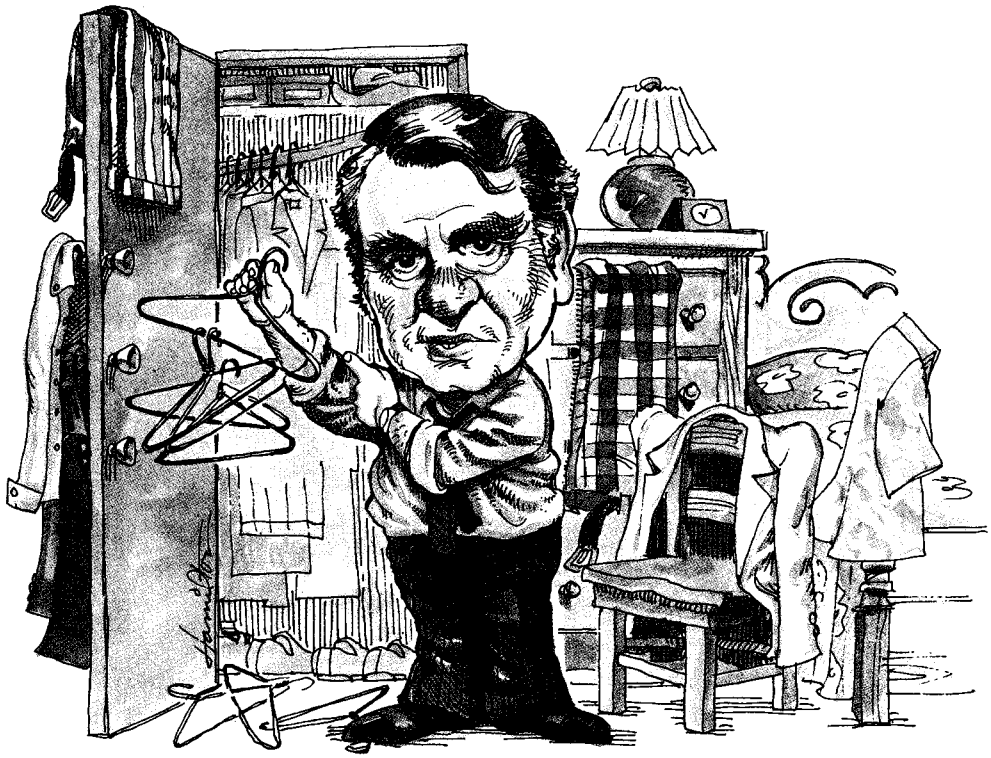

CLOSET HANG-UPS

If the doorknobs are loaded, you may have to resort to hanging up clothes in the closet.

by Andy Rooney

Illustrated by Marcus Hamilton

It has always seemed to me that the President, Congress, and news people spend too much time worrying about the problems that are here today, gone tomorrow, and too little time on the problems that endure, year after year, life after life.

I'll just give you one example. There aren't enough places to hang things.

If I had my way, the building code would decree that there be at least three doorknobs on every closet door. We all know a doorknob is the best and easiest place to hang something. Why is there only one to a door? Builders act as though the only purpose of a doorknob is to open a door.

A doorknob has a lot of advantages over the standard wire hanger, in addition to its ready availability. For a man those wire hangers are hopelessly inadequate. Look at the facts:

If a man is going to wear the same pants tomorrow that he wore today, chances are he'll want to leave the belt through the loops and some loose change and maybe a few miscellaneous bits of hardware in his pockets.

The weight of these objects invariably causes the trousers to slide from the thin wire crosspiece of the hanger and drop to the floor. (There are wood hangers with various attachments designed to hold pants. They're good, but someone takes them.)

The last place people want to hang clothes is their clothes closets. Closets are mean, inconvenient, often dark, and always overcrowded. If a person's closet isn't overcrowded, you can just about bet that what that person needs is a psychiatrist.

On the sagging crossbar of a clothes closet, wire hangers cluster together and wrap their grubby little hooks around each other in an orgy of togetherness.

Doorknobs are not the only place around a house to hang something, of course. There are lots of other good places before you have to resort to putting something away in a closet.

The one place to hang a pair of loaded pants, far superior to all others, is from the top drawer of a dresser. Place a few inches of the bottom of the pants legs in the drawer and close the drawer on them just above the cuff, thus trapping them for the night. Nothing could be simpler.

Many people don't understand why cuffs were put on pants. Cuffs give a bureau drawer something to grab hold of. To eliminate cuffs on pants is a step in the wrong direction. Cuffless pants may slip from the drawer.

The best place to hang a suit coat is over the back of a chair. This is not only convenient, but there is something dramatic about a coat that is hung over the back of a chair.

If you are forced, by some unfortunate domestic circumstance like a neat husband or wife, into putting things away, there are still ways to avoid using hangers.

Most closets have a few hooks on either side. The best way to use these in order to get the most out of them (by getting the most on them) is by starting with the lighter items first. Several short-sleeved sport shirts make a good base. It is much easier to hang, say, a pair of corduroy work pants over two sport shirts than it would be to hang one sport shirt over two pairs of corduroy pants.

Many four-poster beds are still in use, and they provide wonderful hanging space. During the winter, when you plan to put on substantially the same clothes in the morning that you took off at night, the bedpost by your feet is hard to beat as a place to hang them. They're close, convenient, and in the middle of the night, who cares how they look?

There's no doubt of the shortage of places to hang things in America today, but with perseverance and ingenuity, and perhaps some help from Washington, we should be able to keep stuff off the floor.

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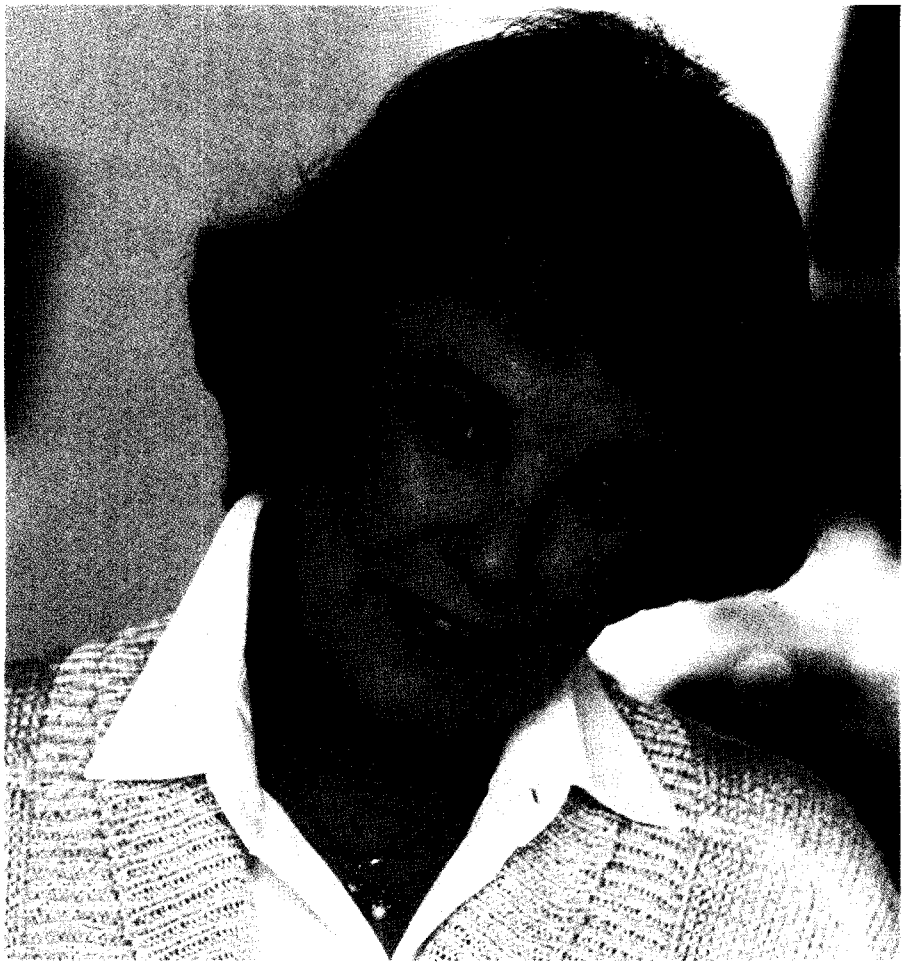
JUNE ALLYSON



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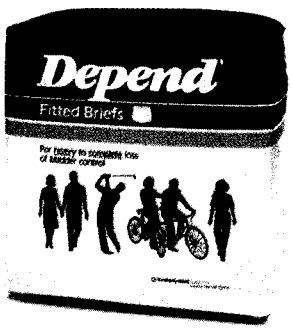

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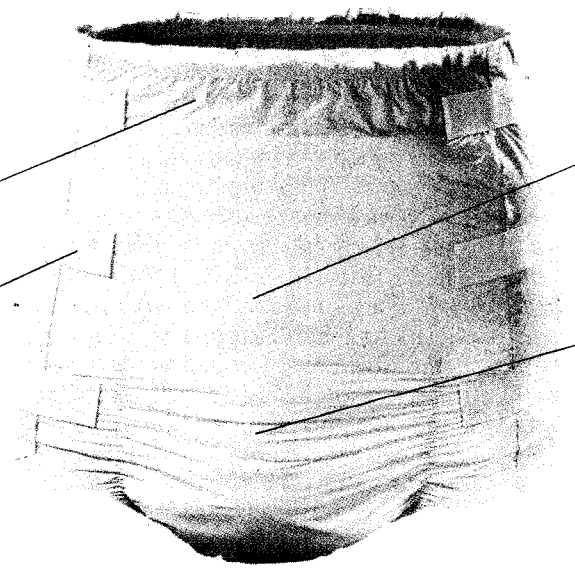

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VETS ON PETS

THE HEALING POWER OF PETS

Nursing homes, hospitals, and even prisons are going to the dogs. . .and other animals. . .to improve the health and morale of patients and inmates.

by H. Ellen Whiteley, D.V.M.

Much has been written in the past few years about the bond between people and their pets. Pets help keep us young: They decrease loneliness, and they give us the opportunity to be needed. Pets also offer a healthier lifestyle by stimulating us to exercise while we take care of them.

Only in the past five years have health-care professionals begun to realize the power of pets to heal, both physically and psychologically. Doctors, psychologists, gerontologists, and therapists are now unleashing that pet power in homes for the elderly, in hospitals and hospices, and in prisons.

In the treatment of children, pets may definitely have an edge over doctors when it comes to bedside manner.

The elderly may benefit from pets the most. At a time in their lives when they have returned to dependency on others, they need to feel a sense of responsibility. Pets fulfill this need because they depend on their owners for care and attention. In return, the pets offer love and unqualified approval.

When introduced to regressed and unresponsive nursing-home patients, pets have produced spectacular results. They can brighten the lives of the better-adjusted patients as well. In 1982 a group of Cincinnati veterinarians started "Pets Helping People," a program that provides pet visitations, with dogs carefully screened for temperament, to nursing homes. Today, "Pets Helping People" sends 83 volunteers to 20 separate institutions; other institution directors are clamoring to be added to the list. The organizers, who hope to branch out into cat visitations, are working as well on a program to maintain permanent pets in nursing homes.

News about the benefits of pets for the elderly has reached Washington, D.C., too. 12 U.S.C. 1701R allows residents in federal housing for the aged and handicapped to keep and care for pets. Landlords, however, may set guidelines for pet ownership and take into consideration the size of the pets, the amount of care they require, and the population of the building. Naturally, the rights of residents who think animals are "for the birds" must also be respected.

Elsewhere, volunteer groups have formed to help the elderly who live in their own homes. These "good scouts" offer dog-walking services, transportation to veterinary hospitals, and foster care for pets should an owner undergo hospitalization or die.

Pets can have a physical as well as a psychological effect. Although I have yet to hear a doctor say "Take one pet and call me in the morning," such a scenario is not far-fetched, for pets have been proved to lower blood pressure and to hasten healing. The survival rates of 92 coronary patients were studied by one group of researchers, who found that within a year after hospitalization, 11 of 29 patients without pets, but only 3 of 53 who had pets, died. The physical and occupational therapy provided by caring for the pets may have been a factor in this study, but I am convinced that the healing process is physically enhanced by the sense of responsibility and self-worth felt by the pet owners.

And what works for the elderly works for children, too. Specially trained dogs visit the Children's Pavilion at Indianapolis' Methodist Hospital every Thursday to minister to ailing children. The dogs help the young patients to focus attention on getting well rather than on their illnesses.

Programs that involve animals are also being used in prisons. The animals contribute to the rehabilitation of inmates and help improve the quality of life for long-term prisoners. Like the birdman of Alcatraz, many hardened criminals soften up a bit when taking care of parakeets or goldfish in their cells or while tending goats and rabbits in the prison yard. Learning animal grooming and training enables some offenders to gain valuable job skills and to help others by training animals for use by the handicapped.

Pets may not be a cure for all that ails us, but often they are a most effective medicine. If you would like to help animals help people, check your phone book; there may already be an organization in your community. For guidelines to set up a local volunteer program to help elderly pet owners, write to People-Pet Partnership, Col-

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lege of Veterinary Medicine, Washington State University, Pullman, WA 99164.

Questions for the Vet

Dear Dr. Whiteley:

I have an 80-pound German shepherd/husky (lots and lots of hair) and two indoor cats.

You do not seem to put much faith in brewer's yeast in combating fleas. I do. I have been giving brewer's yeast with garlic to my pets for several years, and they do not have fleas (and they do not wear chemical flea collars). They get brewer's yeast with garlic every day mixed in their food. The secret to this remedy is to give the yeast all year long, not just two weeks before the flea season. Occasionally, I will take the brewer's yeast with garlic powder and rub it onto their skin (begin at the tail end and stroke it upward to the head). Sure beats all those nasty chemicals, plus it's a lot cheaper and healthier. I just had the dog (next week the cats) to the vet for her booster shots, and he said she looks good for 14 years old.

Margaret Sucick
Old Tappan, New Jersey

Dear Margaret:

I have never been one to knock success, and if readers want to try brewer's yeast, which is high in vitamin B_1 (thiamine), it can be obtained at health-food stores. Scientific studies in veterinary journals have reported no difference in flea numbers or flea-bites between dogs fed brewer's yeast and those receiving placebos.

H.E.W.

Dear Dr. Whiteley:

The diet for overweight dogs that appeared in the March issue of *The Saturday Evening Post* leaves me with three questions:

1. What are "canned solids"?
2. Are the carrots cooked, partly cooked, or raw?
3. Does a person need to ask his dog's veterinarian for the dicalcium phosphate?

I have used a commercially available dog food that is supposed to have fewer calories, but my dog remains a "pudge-pot." This diet, which lets you know the calorie count, is almost the answer to a prayer.

B.J. Davidson
Traverse City, Michigan

Dear B.J.:

The diet to which you refer is reprinted as follows:

Low-fat Reducing Diet for Dogs

¼ pound lean ground beef, cooked; fat drained off
½ cup uncreamed cottage cheese
2 cups carrots, canned solids*
2 cups green beans, canned solids
1½ teaspoons dicalcium phosphate

This diet is a balanced supplement that fulfills the canine MDR for vitamins and minerals. Yields 1¾ pounds at 250 Kcal/pound.

***Canned solids means the drained food product from a can. Measure 2 cups uncooked carrots and 2 cups uncooked beans from the contents of the drained cans for the recipe. Bonemeal powder, which is easier to find at pharmacies than powdered dicalcium, can be substituted in equal amounts.**

Most veterinary clinics carry a prescription dog food that is a high-fiber, low-fat reducing diet. It would certainly be easier and perhaps cheaper to purchase this dog food than to

continued on page 102

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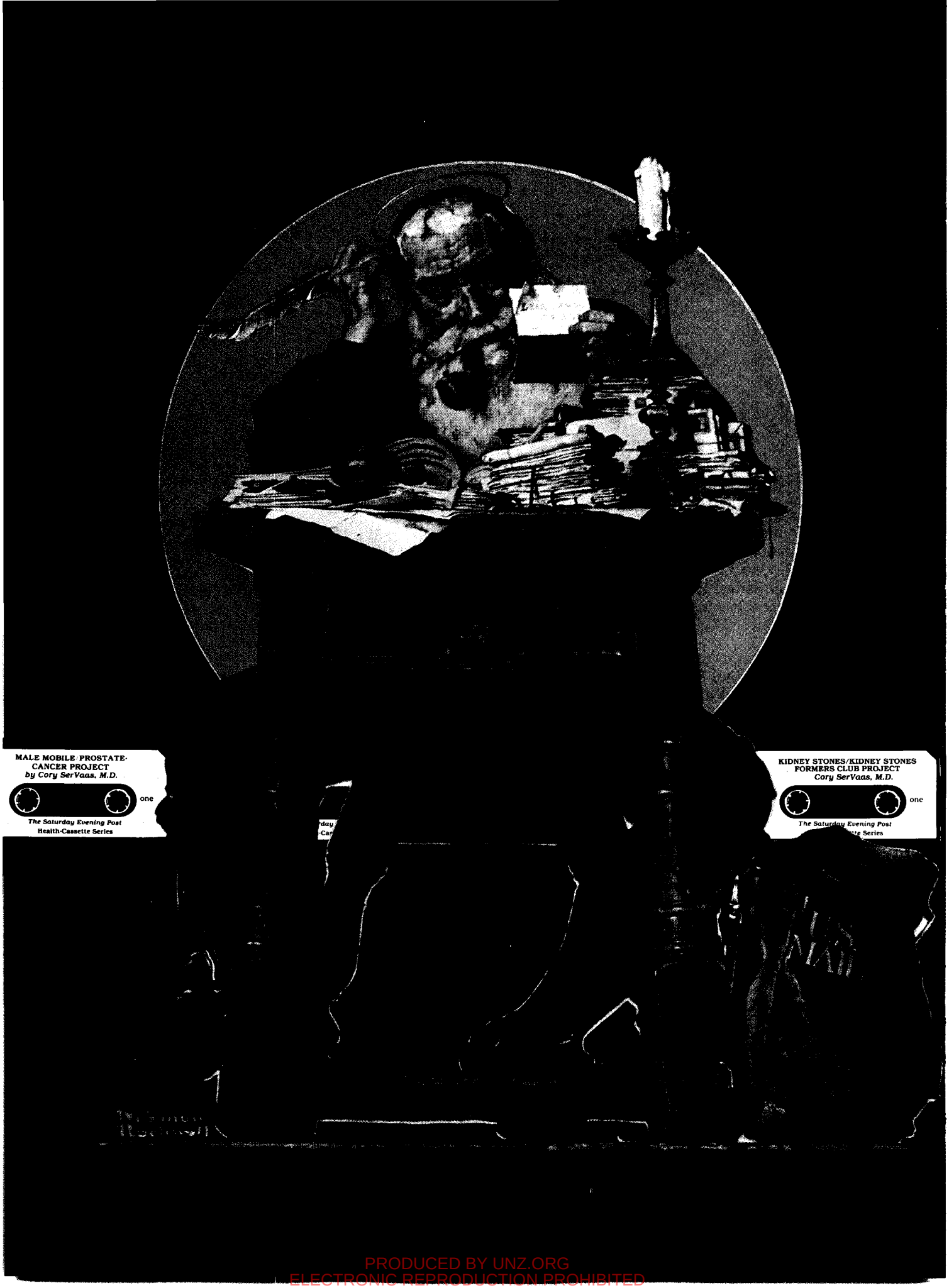

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Because we wish you well, the *Post* has a gift for *you*! Or a gift you can pass along to a loved one.

Do you have a health problem you've been neglecting? Do you believe that someone you care about has a health problem and won't do anything about it? Do you suspect the worst, and are you postponing the truth as long as possible? Then Dr. Cory SerVaas will be talking directly to you or that loved one on the FREE cassette or cassettes you choose for subscribing to America's favorite all-family magazine, *The Saturday Evening Post*.

Should your concern be breast cancer, prostate cancer, mouth cancer, colitis, kidney stones, or heart attack, the six 30-minute (approximately) cassette tapes cover them all. And your subscription will not only bring you one *free* tape for each year up to three years; in addition, we will donate $5 *in your name* (for each one of those years) to the *Post*'s research program of your choice.

Breast cancer?—in cooperation with other concerned organizations, *The Saturday Evening Post* sponsors the Mammobile, a lab on wheels, for the early, lifesaving detection of breast cancer.

Prostate cancer?—the *Post* is working to accompany the Mammobile with a Male Mobile that will serve to locate prostate cancer as well as testicular and colon cancer before they reach the death-knell stage.

Mouth cancer?—our "Snuff Out Snuff" campaign is aimed at getting the kids to say no to this sneaky health threat before TV sports "heroes" can con these little chewers into emulating their so-called macho habits.

Colitis?—our Colitis Club continues to explore diets to prevent the distress of gas and diarrhea.

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FOOD

SEAFOOD THAT'S SUPER

If preparing seafood makes you feel like a fish out of water, take the plunge and learn how to make it easy.

by Randall Fleet

Let's admit it. Good seafood is a dish most of us prefer to eat—out. The secrets to a particularly succulent salmon steak or incredible red snapper drift imperceptibly by our grasp of seafood savvy.

If you wish to join the mainstream of Americans enjoying the delicious taste and tremendous health benefits of fish, welcome aboard. By banking on some seafood basics and experimenting with the vast variety of seafood recipes, the mystery will gradually disappear.

Follow the seafood guidelines we've listed on page 28. The ten-minute rule mentioned for conventional cooking is a culinary "rule of thumb" applied to such finfish as red snapper or dover sole. Memorize the freshness factors listed: If you start out with stale fish, you'll end up with a stale dish. Don't be shy at the meat counter. Ask the butcher exactly what is in season. If you wish a particular filet or steak, request it: Most butchers are eager to please their customers.

A well-seasoned seafood chef will keep certain flavors, herbs, and spices on hand for seafoods. Dill weed is an excellent spice for most fish and shellfish, as are garlic and ginger. Scallions add color, flavor, and texture to a variety of foods. Tarragon, used with a light hand, can offer a subtle, spring-like taste to an undistinguished dish. Perhaps the perfect taste-enhancer for seafood is lemon. It tames strongly flavored fish and adds zip to less flavorful dishes. Squeeze a little lemon juice on your hands after dressing or handling seafood; it will remove the "fishy" odor.

Exactly how much fish to buy is a riddle to many a seafood shopper. Although appetite dictates the size of the serving, a typical serving also depends on the form of fish you've selected. Keep these general guidelines in mind when shopping: Allow one pound per serving with whole or drawn (internal organs removed) fish; with fresh filet, allow one-quarter pound per serving; for fresh shrimp, allow three-quarters to one pound per serving. If in doubt, consult your butcher; he's been asked the question before.

The recipes we've selected are just a sampling of the endless selections of nutritious seafood available to the adventuresome cook. You no longer have to step out to enjoy great seafood. Following a few simple techniques, you'll discover that cooking super seafood is a breeze.

Baked Whitefish in Zucchini Nests
(Makes 2 servings)

½ pound Alaska cod, pollack, or rockfish, thawed if necessary
Salt and pepper (optional)
2 cups shredded zucchini
3 tablespoons grated Parmesan cheese, divided
2 tablespoons fine dry bread crumbs
1 tablespoon each *finely chopped parsley and green onion*
¼ teaspoon crushed basil
2 tablespoons dry white wine

Cut cod into 2 serving-size pieces; season with salt and pepper. Place in individual baking dishes; fold fish if necessary. Combine zucchini, 2 tablespoons Parmesan, bread crumbs, parsley, onion, and basil; salt and pepper to taste. Arrange zucchini mixture around fish to form nest. Sprinkle with wine. Sprinkle fish with remaining Parmesan. Bake at 450° F.; allow 10 minutes cooking time per inch thickness of fish measured after

A quick and easy initiation to seafood savoir-faire, Baked Whitefish in Zucchini Nests is a freshly original medley.

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folding or until fish flakes when tested with fork.

Microwave method: Sprinkle fish with wine; let stand 10 minutes. Arrange whitefish-and-zucchini mixture (see above) in microwave-proof individual dishes. Sprinkle fish with 1 tablespoon Parmesan. Cover with wax paper. Microwave at Medium (50 percent power) about 5 minutes or until fish flakes when tested with fork; turn dish ¼ turn during cooking.

Smoked Salmon Roll Ups
(Makes 8 servings)

1 cup (½ pounds) crab meat, carefully picked and squeezed dry
½ cup Golden Dipt® low-sodium Tartar Sauce
1 tablespoon lemon juice
Salt and white pepper to taste
8 thin slices smoked salmon or other smoked fish
Lemon wedges
Fresh dill

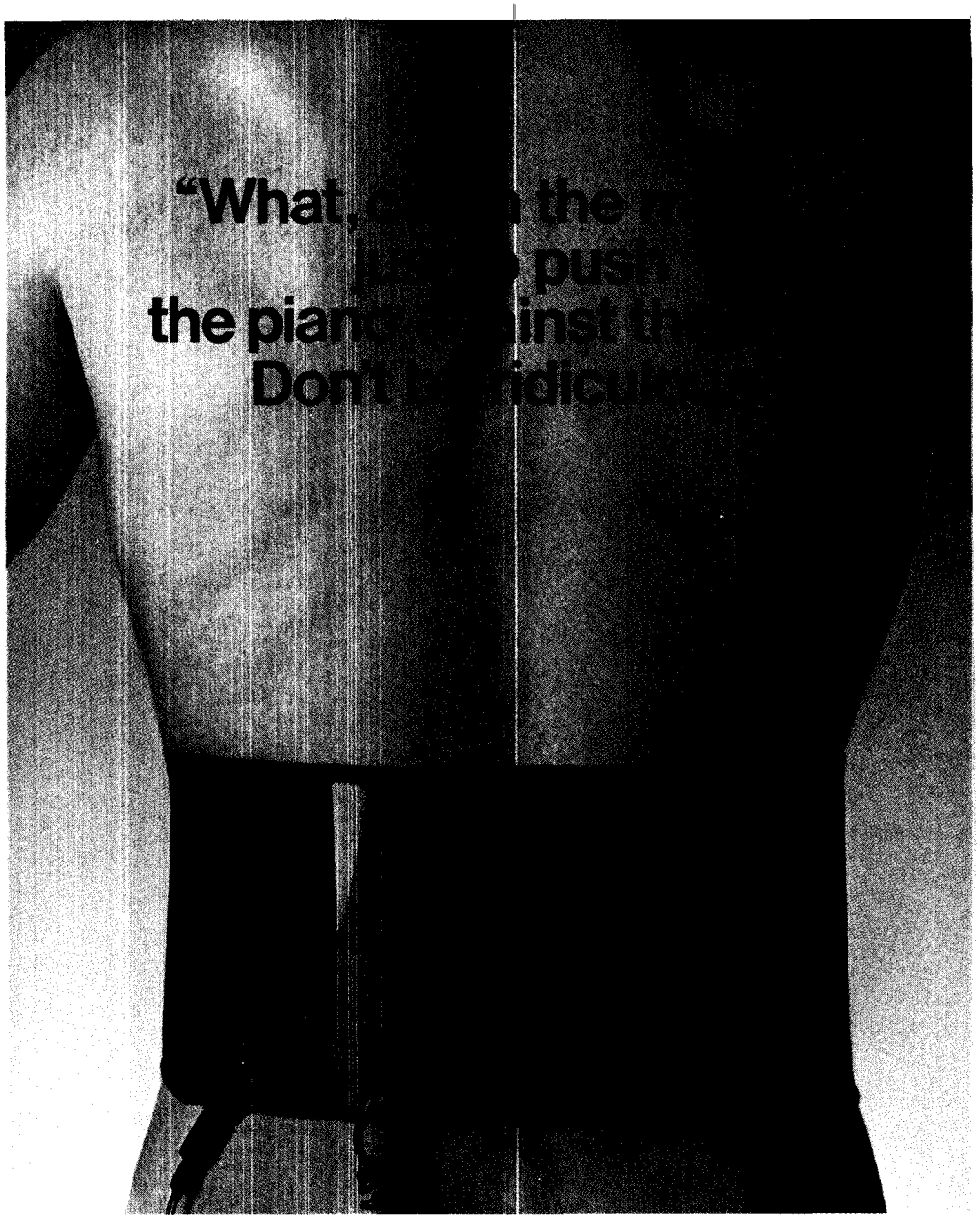
Mix crab, tartar sauce, and seasonings. Place dollop of crab mixture on the end of each slice of fish and roll the slice up. Secure with fancy cocktail picks. Refrigerate until serving. Garnish with lemon wedges and fresh dill.

Note: If roll-ups are large, chill in freezer 15 minutes or until firm. Cut roll-ups in bite-size pieces.

Fantail Shrimp with Crab Stuffing
(Makes 5-6 servings)

½ stick unsalted margarine
2 tablespoons chopped onion
2 tablespoons chopped celery
1 tablespoon chopped green pepper
1 package Golden Dipt® International Danish Dill Sauce Mix
1 cup milk
⅔ cup bread crumbs
1 cup carefully picked crab meat
1½ tablespoons Worcestershire sauce
½ tablespoon chopped parsley
¼ teaspoon pepper
3 dozen jumbo shrimp, peeled to the last segment and deveined
Barbecue sauce to taste

In saucepan, melt maragine. Sauté onion, celery, and green pepper. Blend in dry sauce



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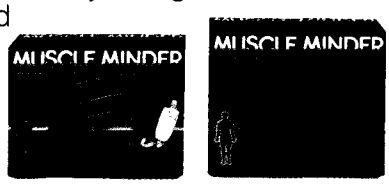

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mix. Add milk. Boil; whisk constantly until thickened. Add remaining ingredients, except shrimp. Mix well.

To butterfly shrimp: Cut down inside curve to tail without cutting through to other side; leave "tail feathers" attached. Flatten shrimp. Stuff and fold tail over stuffing; fan "tail feathers." Secure with toothpick. Chill 1 hour. Broil 5 inches from heat, and baste occasionally with barbecue sauce. Cook about 5-10 minutes, depending on size of shrimp and amount of stuffing.

Italian Flounder
(Makes 4 servings)

½ cup low-salt pizza sauce
1 jar (2½ oz.) sliced mushrooms, drained
1 tablespoon chopped green pepper
1 tablespoon chopped green onion
1 pound fresh or frozen flounder filets, thawed and drained
Salt and pepper (optional)
½ cup (2 oz.) shredded mozzarella cheese

Preheat oven to 350° F. Combine pizza sauce, mushrooms, green pepper, and onion. Place filets in single layer in well-buttered 13" x 9" pan. Sprinkle with salt and pepper. Spread sauce over fish. Bake, uncovered, 20 to 25 minutes or until fish flakes easily with fork. Remove from oven and sprinkle with cheese. Return to oven just until cheese melts.

Oyster-Vegetable Stew
(Makes 4 servings)

1 pint shucked oysters
1 large onion, chopped
1 medium green pepper, chopped
1 clove garlic, minced
2 tablespoons margarine
1 can (8 oz.) tomatoes, cut up
2 potatoes (2 cups), peeled and chopped
½ cup drained Lindsay® Medium Pitted Ripe Olives
¼ teaspoon crushed dried marjoram
⅛ teaspoon ground cinnamon
Dash cayenne
2 teaspoons vinegar
¼ teaspoon salt (optional)

Drain oysters; reserve liquid. Cook onion, green pepper, and garlic in margarine till tender. Stir in oyster liquid and remaining ingredients except vinegar. Simmer, covered, about 25 minutes; stir occasionally. Stir in oysters and vinegar; simmer 5 minutes, till oysters are done.

Steamed Mussels with Wine
(Makes 2 servings)

2 pounds mussels
2 tablespoons margarine
1 medium onion, finely chopped
1 shallot, finely chopped
1 clove garlic, minced
2 tablespoons chopped parsley
¼ teaspoon pepper
½ cup dry white wine
French bread

Scrub mussels thoroughly; cut off beard portion. Rinse with cold water. Discard any mussels that remain open when tapped with finger. In 5-quart Dutch oven over medium-high heat, in hot margarine, cook onion, shallot, and garlic until onion is tender.

Super Seafood Suggestions

Tips on Buying Fresh Fish

- The eyes should appear bright, full, bulging, and clear. If the eyes are cloudy, the fish is probably stale.
- There should be no "fishy" odor.
- Fresh fish flesh is firm and elastic and should spring back when pressed.
- Look for gills that are red and free of slime.
- Scales should be smooth and tight.
- Buy only live lobster and crab that appear active.
- A shrimp's shell should be firmly attached to the flesh and have no noticeable black spots.

Tips on Buying Frozen Fish

- The package should be compactly sealed with no punctures.
- Make certain the flesh is frozen solid.
- If there is discoloration on the fish, make another selection. This could indicate freezer burn.
- Avoid frozen fish with ice crystals in the package.
- As with fresh fish, there should be no "fishy" odor.

Keeping the Catch

- Take fish home immediately after purchasing.
- Remove heavy wrappings, rinse fish, and wrap loosely in foil or plastic wrap to prevent drying.
- Place in refrigerator, preferably on cracked ice.
- Use within two to four days, depending on freshness at time of purchase.
- Lobster, crab, and crawfish should NOT be placed on ice. Keep these crustaceans very cool and moist. To get the freshest flavor, cook as soon as possible, ideally within 24 hours after removing from habitat.

Cooking the Catch

Conventional methods:

- Avoid overheating. All fish and some shellfish are naturally tender and require very little cooking.
- Memorize this "ten-minute rule" for baking or broiling whole or dressed fish, filets, steaks, and fingers.

1. Measure the fish at its thickest part.
2. If fresh or thawed, cook 10 to 12 minutes per inch of thickness.
3. If frozen, cook 20 to 24 minutes per inch of thickness.
4. If covered or cooking in a sauce, add an additional five minutes cooking time per inch of thickness.
5. Bake at 450° F., and test for doneness after ⅓ of cooking time has elapsed.
6. Fish are done when their flesh becomes opaque and flakes easily.

Microcooking Methods:

- Because cooking time will be cut by 75 percent, adapt the ten-minute rule to the three-minute microwave rule. Allow three minutes per pound for fresh or thawed seafood. Triple time for frozen fish.
- Place thicker parts of fish toward the outside, which cooks faster.
- Rotate the dish frequently for even cooking.
- If using salt, add after cooking; otherwise, you will end up with dry seafood and lots of liquid stock.

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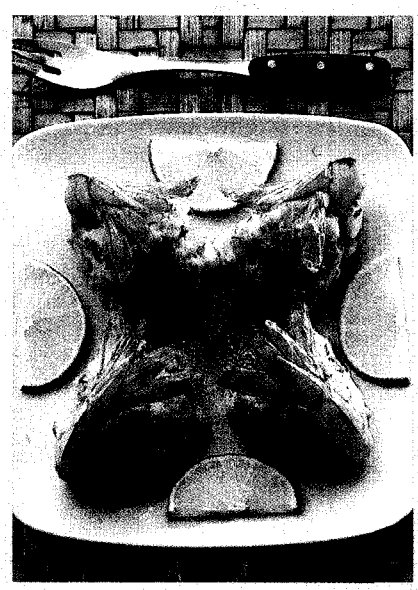
Stir in parsley, pepper, and wine; add mussels. Heat to boiling. Reduce heat to low. Cover; simmer 5-8 minutes until all shells open.

To serve: Place mussels in soup bowls; spoon cooking liquid over mussels. Serve with bread.

Shrimp-stuffed Red Snapper
(Makes 4 servings)

2 (1½ pounds each) whole red snapper or sea bass, dressed
Pepper
¼ cup margarine
⅓ cup finely chopped green onions
¾ cup finely chopped celery
½ pound shrimp, cooked, shelled, deveined, and chopped
½ cup seasoned dried bread crumbs
½ cup sliced almonds
¼ cup dry white wine
1 egg, beaten
Salad oil

Oil large, shallow roasting pan. Sprinkle inside and outside of each fish with pepper. Place fish in pan. In



Aaron Jones

Create an elegant shellfish surprise such as Fantail Shrimp with Crab Stuffing.

2-quart saucepan over medium-high heat, in hot margarine, cook onion and celery until vegetables are tender-crisp. Stir in shrimp, crumbs, almonds, wine, and egg. With spoon, lightly fill one fish cavity with half of shrimp mixture. Skewer cavity closed with toothpicks. Brush fish with oil. Repeat with remaining fish and stuffing. Bake at 350° F. 35 minutes or until fish flakes easily when tested with fork; brush occasionally with oil. With pancake turner, lift fish to warm platter. Remove toothpicks.

Sautéed Salmon Steaks
(Makes 2 servings)

1 tablespoon melted low-salt margarine
1 teaspoon soy sauce
Dash garlic powder
1 tablespoon olive oil
2 (6-8 oz. each) Alaska salmon steaks, thawed if necessary
4 slices lemon

Combine margarine, soy sauce, and garlic powder. Heat oil in medium skillet; add salmon steaks and baste with margarine mixture. Cook about 5 minutes or until browned on one side. Turn, baste, place lemon slices on steaks, and cook until salmon flakes when tested with fork.

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Post People

Movie fans and critics pretty well agree that MGM's *Singin' in the Rain* is one of the best movies ever made. ***Debbie Reynolds*** and ***Donald O'Connor*** not only agree—they are also about to revive this 34-year-old classic for their eight-month tour of

the United States, Britain, and Australia.

After giving the show a tryout in Atlantic City, Debbie, now 54, says of the demanding routine: "You don't stop dancing. It's too much fun."

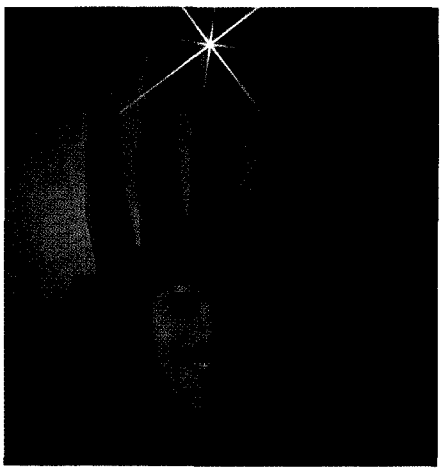
The honeymoon isn't over yet, at least not for ***Jackie Gleason***. The cable-TV revival of "The Honeymooners: The Lost Episodes" has gained the lovable underdog Ralph Kramden and company new fans by the bus load. And a spate of new books about the program is feeding a burgeoning Honeymooners cult.

Contemporary Gleason fans can catch him playing the father of Tom Hanks in *Nothing in Common*, a Tri-Star Pictures release. Says the 70-year-old Gleason: "How sweet it is."

Nighttime soap operas often seem convincingly clever at seducing celebrities into the plotting pool of prima donnas and poseurs. And now they've netted the comedienne ***Carol Burnett***.

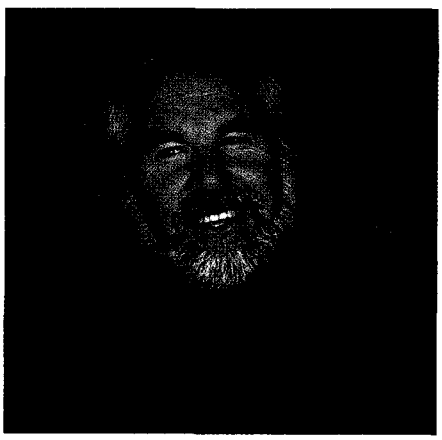
Having gained fame from her own series of miniskits on CBS, Carol will star in a miniseries of satirical soaps for the network next month.

Set in sunny California, "Fresno" will feature Carol in a spoof as the wealthy matriarch of a family raisin empire. The six-night miniseries may become another Burnett classic.



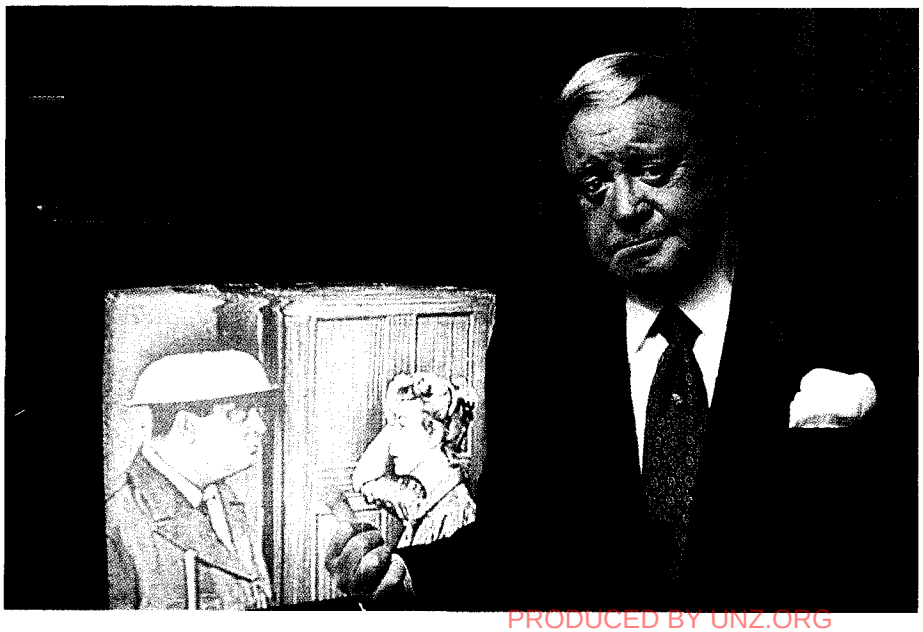
The term "sleight of hand" applies to the magician ***Doug Henning*** in his profession, but certainly not when it comes to insurance. The prestigious Lloyd's of London has insured the hands of this young illusionist for $3 million, the largest policy of its kind.

"A magician is only as good as his hands," Henning says. "Without them there would be no illusions. I'd be like a dancer without feet."



After winning the People's Choice Award six times, it's obvious ***Kenny Rogers*** is popular with America. And America is popular with Kenny, too. This month a collection of landscape photographs taken by Rogers will be unveiled as *Kenny Rogers' America*.

"I don't consider myself a great photographer," Rogers modestly says, "but all I've ever wanted is the respect of the pros."



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A Heartwarming Portrayal of Loyalty from *A Child's Best Friend*

•A strictly limited edition porcelain plate

•Shown smaller than actual size of 8½"

•23K gold rim

Often, a child's most touching moments are spent with a faithful pup. Especially when the canine is a "partner in crime," a bond of loyalty exists. "In Disgrace" portrays just such a heartwarming moment, on a charming limited-edition collector plate. A little girl and her playful pup have wreaked havoc in Mother's garden, and now the youngster and her loyal dog must stand in the corner for their misdeed.

Officially Authorized for the First Time

This charming art is one of Bessie Pease Gutmann's most famous works, earning for her wide acclaim both in the U.S. and abroad. Now, for the *first time ever*, this famous art is being presented on an officially authorized limited edition porcelain collector plate.

"In Disgrace" premieres *A Child's Best Friend* Plate Collection—portraying eight heartwarming scenes by Bessie Pease Gutmann. Each issue will be hand-numbered and accompanied by a same-numbered Certificate of Authenticity, attesting to its status as part of the edition limit of 14 firing days.

As an owner of this first issue, you

In Disgrace

featuring original art by Bessie Pease Gutmann

are guaranteed the right—*but never the obligation*—to acquire all seven subsequent issues of *A Child's Best Friend*. Furthermore, you may acquire this masterwork at *no risk*. Our *100% Buy-Back Guarantee* assures that you may return any plate for a full refund, within 30 days of receipt.

Heralded as the Most Important Plate in Years

The first, officially authorized limited-edition plate, featuring this famed "In Disgrace" art by Bessie Pease Gutmann, has already seen a great deal of demand and is being heralded by many as *the most important plate offering in many years.* So, return your order form today, while "In Disgrace" is still available.

RESPOND BY:

October 30, 1986

Limit: Two plates per collector

Please accept my application for "In Disgrace" by Bessie Pease Gutmann. I wish to purchase ____ (1 or 2) plate(s) at $24.50 (plus $2.14 shipping and handling) each, for a total of $_____ ($26.64* or $53.28*).

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Name _____

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Signature _____

***FL residents add $1.34 and IL residents add $1.87 per plate for tax.** *All applications must be signed and are subject to acceptance. Please allow 6–8 weeks for delivery. Deliveries are made to the U.S. and its territories only.*

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HOME IMPROVEMENTS

MAYBE YOU NEED A HUMIDIFIER

If your family room is a desert, your cacti are dying, and your Mexican hairless is beginning to shed, it's time to consider adding moisture to your home.

by Jack Hayes

Illustrated by Andrea Eberbach

Humidifier manufacturers are telling the truth when they say your home can become a desert. When outside temperatures fall and your furnace runs continually, dry air is the inevitable result. The problem comes from heating the air, which loses humidity as it expands. To make up for the loss, air sucks the moisture out of all surrounding surfaces, even your body. The more your furnace runs, the more you're going to suffer.

For comfort, home humidity should stay at 30 to 50 percent. If the humidity drops below 20 percent, skin becomes dry, clothes crackle, furniture warps, wood floors squeak, plants wilt, computers lose data, and throats get sore. Books and paintings become victims, too. But a simple home humidifier may come to the rescue, whether it's a $20 table-top vaporizer, a $100 room-size evaporator, or a $250 furnace-fit atomizer to moisten your entire heated living space.

Don't rush out to buy a humidifier, though, until you know how it works. The size of your living space will determine the unit size you need. The Association of Home Appliance Manufacturers, which certifies humidifiers according to water output, estimates that a 1,500-square-foot home of average construction needs five to six gallons of water a day to maintain 30 percent relative humidity.

Two other factors come into play when figuring humidification: the outside air temperature and the tightness of your home's construction. During the winter, cold air from the outside circulates through your home naturally to replace heated air that goes up your chimney; in poorly constructed homes and during extremely cold weather, warm air also escapes through walls and ceilings. Thus, your furnace runs longer and the inside humidity drops even further. The proper strategy is to solve insulation problems first by weather-stripping and by installing storm windows, fireplace dampers, and vapor barriers. A tight home holds its heat and its humidity much better than a loose one.

Because constantly changing humidity creates its own set of problems, experts agree that indoor humidity ought to be controlled the same way indoor temperature is. The most efficient way to control indoor humidity is to attach a humidifier directly to your furnace. The desired moisture level is then set and controlled automatically with a humidistat. The cost for such a unit, installed by a contractor, runs $200 and up. Maintenance, depending on water hardness in your area, may amount to changing or cleaning evaporator pads and, if the humidifier has a reservoir

Proper humidity in your home will not only please your potted plants, it may also help lower your heating costs.

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tank, regularly cleaning it as well. Humidity will change gradually with minimum effect.

If you live in an apartment, however, and the landlord isn't willing to install a central humidifier, you'll have to settle for a portable unit. Here, the key considerations are noise and the work and messiness you may encounter while filling and cleaning the unit. Four kinds of portable humidifiers are now available; all have benefits and drawbacks.

- *Evaporative* units make no noise but leave hard-water solids on a pad; the pad may become a breeding place for bacteria if not regularly and properly cleaned.
- *Steam* humidifiers are sterile but expensive to operate. Their output is relatively small, and they will clog from mineral-rich water.
- *Vaporizers*, which throw out water droplets by either pressure or impeller force, are very efficient, but they tend to be noisy, and the minerals they distribute along with the water often show up as powder or film on surfaces in the home. They may also leave wet spots on the floor beneath the vapor stream.
- The new bacteria-free *ultrasonic* humidifiers run quietly, but like vaporizers, they send dissolved minerals into the air and have a small water capacity.

A common problem with portable humidifiers is keeping them filled with water. To combat this problem, some manufacturers offer reservoirs that extend the time between fill-ups. Juergen Puetter, president of a Canadian firm that makes ultrasonic units, claims that his company's detachable reservoir is "easier to fill than a five-gallon tank." However, the firms that make tank-reservoir models say their units don't need filling as frequently. It's strictly a matter of preference.

Fred Henke, a senior engineer for Emerson, a manufacturer that conducted extensive product research in Minneapolis, warns about a potential problem with water reservoirs. Odor, bacteria, and mineral deposits may accumulate in the reservoir. To fight the build-up, various products are on the market. Tablets and powders that reduce the formation of mineral scale are available in hard-water regions of the country. And Sears recently approved a bacteriastat for use in evaporative humidifiers.

Portable units should be cleaned once a month in areas where water is soft and relatively free of contaminants, more often where there are known or suspected problems. In mineral-rich Las Vegas, for example, scale cleaning might be required once a week. But in Salt Lake City, where water comes from mountain streams, the unit could sit for an entire season and require only antibacteria maintenance.

How humid should you keep your home? Most experts say home humidity shouldn't be higher than 50 percent. Above that level, you may invite mold, mildew, fungus, and structural damage. House mites also flourish when humidity climbs above 50 percent.

The health benefits of humid versus dry air are debatable, although the humidifier-sales literature would have you believe otherwise with their claims that bacteria and cold germs are less active where humidity is maintained. Studies of humidity's effects on allergy sufferers and asthmatics have been inconclusive. But medical researchers have discovered that severely dry air may contribute to health problems in the general public by interfering with the movement of the cilia, the hair-like projections in the nose and bronchial tubes that carry debris from the lungs. Most experts agree, however, that humid air does not reduce the likelihood of catching colds, as some manufacturers have implied.

Comfort remains the most important benefit humidifiers offer. Humid air is soothing and feels warmer than dry air at the same temperature. This property may be used to your advantage on your fuel bills: By increasing humidity, you can lower your thermostat as much as five degrees while staying just as comfortable and warm in your home.

For more information about humidifiers, write to the Air Conditioning and Refrigeration Institute, 1501 Wilson Boulevard, 6th Floor, Arlington, VA 22209. Its booklet, *How to Humidify Your Home or Business*, is available free with a stamped, self-addressed envelope.

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POST SCRIPTS

Your Place, Not Mine

Tact: the art of making guests feel at home when that's really where you wish they were.

—George E. Bergman

Repeat Performance

The nurse, preparing to show a film on childbirth to a group of soon-to-be parents, asked if anyone had ever witnessed childbirth. One man raised his hand and said he had been with his wife for the birth of one of their children.

The man soon fainted in the middle of the film. After he recovered, the nurse said, "I thought you said you had seen childbirth before."

"I did," the man said. "And I fainted that time too."

—Martha J. Beckman

Leaf Them Alone

I, too, would rave about their beauty,
If raking them were not my duty.

—John D. Engle, Jr.

Pavlovian Theater

It's no wonder the lives of soap-opera stars are such a mess; they spend too much time answering the phone and opening the front door.

—Arnot L. Sheppard, Jr.

The Loan Arranger

A banker is a scary breed.
You bare your soul, explain your need;
He stares you down, your hopes have flown,
And then he says, "You've got the loan."

—Mary Honsel

The Jazz Magician

He turns his saxophone
Into a hat of satin,
And pulls a silky rabbit
Out of every note.

—Charles Ghigna

Walden IV

You know you're living in the country when:

The "Services Available" column in the weekly newspaper announces "Custom killing, cutting, wrapping, and fast freezing";

You learn that your neighbors never lock their doors;

Your shopping list is long enough to be folded several times;

The dentist offers to make a double appointment to save you a trip into town;

After a 40-mile trip into town, you find that all three barbershops are closed on Sundays.

—Carl L. Bedal

Kidding Around

Grownups are a funny bunch
With all the games they play;
Saying "Not to change the subject,"
Then doing it anyway.

There is a way about them
Confusing to a kid,
When they reply, "Well, you don't say,"
And I just already did.

—Anna Lee Webb

Rite Right

The difference between a mistress and a wife: The wife has the rite to live with her husband.

—Ruth Burke

Let the Seller Beware!

A contractor wanted to give a government official a sports car. The official objected: "Sir, common decency and my basic sense of honor would never permit me to accept such a gift."

"I quite understand," the contractor said. "Suppose we do this: I'll sell you the sports car for ten dollars."

The official thought a moment. "In that case," he replied, "I'll take two."

—Eileen P. Dirkman

The Naked Truth

The famed stripper Gypsy Rose Lee was once asked to address a group in connection with her literary efforts. Seeing she was visibly nervous that night, a member of the audience called out, "What's the matter, Gypsy—afraid of crowds?"

Miss Lee didn't bat an eye. "How would you like to appear before a

"Have you forgotten that we have a home-entertainment center in here?"

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crowd like this with all your clothes on?" she retorted.

—Kris Lee

Public Hearing

"I heard they have a curfew in this village," the visitor said to the manager of the general store.

"Had."

"What went wrong?"

"The bell rang at 9:00 p.m., and nearly everyone complained it woke them up."

—James Curnane

Prai$eworthy

For a job well done, it's nice to hear
A word or two of praise.
Of all the words, the one most apt to cheer?
"We're giving you a raise!"

—Arleen C. Bailey

A Moving Story

It's moving day—a job I hate.
The things that we accumulate!
You never know what you possess
Until you pack to move, I guess.

Each closet and each storage spot
Yields treasures that once meant a lot;
We sort them into "keep" and "throw."
(We should have done this long ago.)

We throw a few, but most we load
And haul out to our new abode,
Where they are fondly packed away
Until another moving day.

—Raymond A. Schoeder

Strictly Business

"And how is your daughter getting along in her bookkeeping class?"

"Great, but now instead of asking for her allowance, she also sends a bill for it."

—Mrs. L. Mayer

The Sporting Life

What was said:

"We're proud of our sound and constructive basketball program here at State. Right now, we are in an exciting building phase."

What was meant:

"We're having a losing season. Sorry, folks."

"That strong-side forward we recruited last year has opted to sit out the rest of this season, to focus on his heavy academic curriculum. We at State always recognize the priority of scholastics for our athletes."

"The big lug can't read or write."

"We expect marked improvement with our pitching staff. Also, next season should develop a couple of .300 hitters for us. We're looking toward taking the division, then the pennant."

"Maybe next year we can actually climb out of the cellar."

"Our new shortstop is a fast-and-furious fielder. With him in there, there's no hole between second and third. He's not the strongest hitter in the league, but he is a Gold Glove cinch."

"The kid's a klutz with the bat; I wish we could play him as designated shortstop."

"Our maiden-voyage filly looks great on a hard track. All we need is sunny weather. The forecast is against us, though."

"She's a phenomenal mudder; we're praying for rain."

—Archie H. Slater

An Udder Viewpoint

A very rich man asked a friend, "Why am I criticized for being miserly? Everybody knows I'll leave everything to charity once I die."

The friend responded, "Let me tell you the story about the pig and the cow. One day the pig lamented to his friend the cow that he was so unpopular. 'People are always talking about your gentleness and your kind eyes,' the pig said. 'Sure, you give milk and cream, but I give more. I give ham and bacon and sausage and pork chops. They even pickle my feet. Still, nobody likes me. Why?'

"The cow thought for a minute and said, 'Maybe it's because I give while I'm still alive.' "

—Dorothea Kent

The Eyes Have It

If, my dear, you meet again
One of those strange admiring men
Who so constantly, as you walk by,
Strain their vision to give you the eye—
I wish, instead of telling me,
You'd just pretend that you are free.
The next that winks, why don't you, then,
Just pack your duds and go with him!

—Francis Connally

Honked Off

The young lady's car was stalled
As the traffic light turned green;
She sought in vain to start it,
And tried hard to stay serene.

The driver behind her, impatient,
Started honking his horn like mad;
So she got out, walked back to him,
And said, "Look, mister, I'd be glad

If you would try to start my car."
And she added, with gentle scorn,
"But don't worry; I'll just go back to your car
And continue to lean on your horn."

—Muriel Kovinow

"You didn't actually do anything wrong—I have a quota to fill of guys wearing polka-dot ties."

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MONEY TALK

HOW TO START INVESTING

Before you start running with the bulls and the bears, here are some tips to help put you on the right track.

by Marshall Loeb

Illustrated by Frank Cotham

Many people who have not invested before are wondering how to start investing—and do it right. If you are in that position, you need an investment strategy.

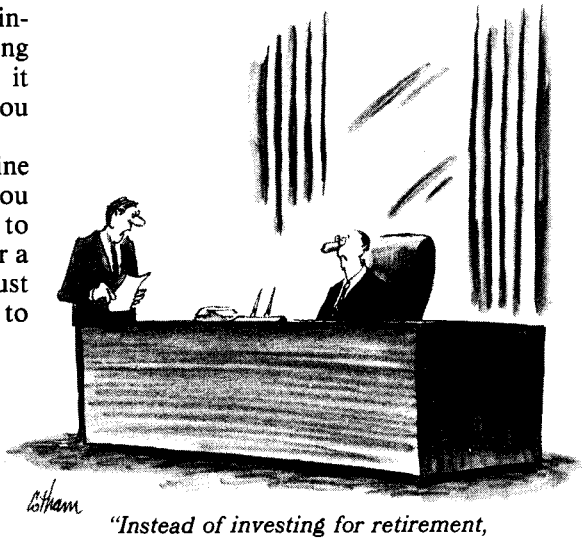
Start by analyzing yourself. Define your financial goals and how you plan to reach them. Is your goal to pay for college or for a house or for a comfortable retirement—and just how much money will you need to achieve that objective?

Before you invest in anything that has the slightest risk, be sure you have enough insurance and savings to protect yourself against an emergency. It is smart to hold savings equal to three months of your after-tax income. Do not worry if it takes you two or three years to accumulate that amount.

It is also important to assess your tolerance for risk. If your fear of losing money is stronger than your desire to make large profits, stick with a conservative investment philosophy. Conservatives invest for safe and steady returns of income. More adventurous types invest for future growth.

People younger than 50 years old should probably not be too conservative. One top adviser recommends that they put no more than 20 percent of their spare cash into investments that promise steady income returns from dividends and interest. He says 80 percent or more of their investments should be aimed at growth.

If you are over 50, however, you will probably want to put a large share of your spare cash into income-producing assets. If you want steady income payments plus the possibility of growth, consider Treasury and top-grade corporate bonds. You can get instant diversification by investing in a bond mutual fund or unit trust.



"Instead of investing for retirement, I've decided to bet all my money on a horse race. What do you think, sir—too risky?"

Whether you buy bonds or stocks, do not get too caught up in the race for quick profits. Most investors do best by picking several stocks as a way of cushioning the loss of one flier that takes a dive. Be prepared to live with the rule of five. It says that out of every five stocks you own, one will probably be a loser, three will do nicely, and one will do much better than you expected.

Stocks and bonds are, of course, your basic tools of investing. Before you invest, you should determine just what you want your tools to accomplish and which ones to use to reach your goals.

When you buy common stocks, you become part owner of a corporation. A stock can increase your wealth in two ways: by paying you regular dividends and by rising in price. If it does indeed rise, you can sell out at a profit. This growth, not the dividends, gives stocks their investment edge. Over the long term, since the 1920s, the 500 stocks in the Standard & Poor's index have produced an average return—from price appreciation plus dividends—of 9.5 percent a year, more than double the average 4.2 percent annual return from corporate bonds.

You can choose from different types of stocks depending on your investment goals. Growth stocks are shares in companies that often expand faster than the overall economy. In rising markets, the stocks of young and growing companies tend to do at least one-third better than the broad stock indexes. But when the market falls, they are also likely to plunge faster.

Income stocks place an emphasis on dividends, so their prices are more stable. In a prolonged market rise, income stocks do not climb as fast as growth stocks. Utility shares are the foremost example. In the 12 months after the bull market began in August 1982, the Dow Jones utility average rose 24 percent, less than half the gain of the Dow Jones industrial average. But top-rated utilities pay high dividends—about 9.3 percent in 1985.

The belief is widely held that inflation, energy prices, and interest rates have stabilized. If that really turns out to be the case, the stock market should do well over the long term. But if you are unsure of how to start an investment program that will take advantage of a favorable future, you should consider buying shares in a mutual fund. Funds offer just what beginning investors need: profes-

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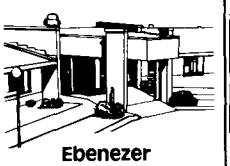

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sional management and instant diversification. You can get in with an investment of $1,000 or sometimes less. Once you own shares in a fund, you typically can add as little as $50 at a time. You can find the addresses and phone numbers—often toll-free 800 numbers—of various funds in advertisements on the business pages of newspapers and in financial magazines.

What if you want to start investing, but you have only a small stake?—say $100. Will any brokerage houses or mutual funds welcome your business?

Yes indeed, *many* will. At least 100 mutual funds will accept an initial investment of $100—or in some cases even less. For a description of more than a thousand funds, look in your public library for a book called *Wiesenberger Investment Companies Service.*

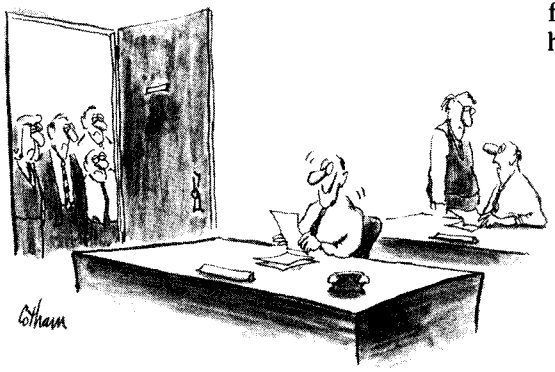
As for stockbrokers, many have such large minimum commissions—at least $30 every time you buy or sell—that it does not make sense to start an account with just $100. But as an alternative, you can try Merrill Lynch's so-called Sharebuilder Plan. It charges 6½ percent on trades up to $300; after that, commissions decrease on a sliding scale. Trades exceeding $5,000 are charged at Merrill's regular rates of less than 1 percent.

If you find it hard to set aside money regularly, try this: Have a mutual fund automatically deduct a set amount from your checking account every month. Many employers also let you have a specific amount taken out of your paycheck and invested in a company-sponsored profit-sharing or thrift plan. Such programs usually let you choose from at least two types of funds: You can put your contribution in a stock mutual fund or a fixed-income bond-and-savings fund.

The drawbacks are that your money is likely to be conservatively managed, and you may have some trouble if you want to withdraw the whole amount before you leave the company. But that is balanced by the nice fact that all the earnings on your money compound tax-free until you close out your plan when you leave the company.

Some employers will match part of your contribution. This gives you an immediate profit. If that is the case, be sure to accept this company offer—and save or invest as much as you possibly can.

After you have built up some mutual-fund shares, you may get the itch to start picking stocks on your own. You will have an advantage over major financial institutional investors, those who tend to buy conservatively for bank trust departments, corporate investment plans, and pension programs. The institutions' investment managers generally stick to the shares of 500 or so fairly substantial companies, but you can choose from among more than 6,000 stocks. It is easier for small investors to buy shares in young, unproven, fast-growing firms. If the business becomes large enough to attract big investors, the stock's price—and your profits—may jump dramatically.



"People come from miles around to marvel at a man who can live off his investments when he retires."

Anyone with more than $2,000 to invest in stocks should put it in two or more companies. You will want to diversify among industries too. Diversification will help protect you. If, for example, mortgage rates rise and you own nothing but housing stocks, you could be pummeled.

Ultimately, you should aim at owning five or more stocks. That is a small enough number to be manageable and large enough for diversity. When you reach that point—and you want to strike a balance somewhere between the young, daring investor and the older, conservative investor mentioned earlier—you may want to aim for the following division of your money:

A quarter of your stock portfolio should consist of small and promising companies producing goods and services that either are unique or stand to be in strong demand even in periods of recession. Another quarter should be invested in the largest, most conservative companies; they can offer stable growth. The remaining half should be in medium-size concerns growing faster than the economy as a whole. Among the current growth fields are telecommunications and health care.

You will have to do your homework. Before buying a stock, look up its record in *The Value Line Investment Survey* or *Standard & Poor's Corporation Records* or *Moody's OTC Industrial Manual*, available in many public libraries. You also can ask a broker to send you a copy of the company's annual report and the more detailed 10-K statement that must be filed every year with the Securities and Exchange Commission.

Finally, deciding when to sell your shares is as important as choosing when and what to buy. Do not rush to dump a long-term growth stock just because it hits a temporary sinking spell. In fact, that is when smart investors consider buying even more shares—at bargain prices.

In sum, here are three sensible rules for investors, beginners and veterans alike:

First, put aside a fixed amount of money, no matter how small, each week or each month. Then save or invest it regularly—come rain, come shine. When markets fall, you can figure you are at a bargain sale because you will be able to buy more shares for your money. And when markets rise, you can congratulate yourself, because your investments will rise too.

Second, diversify. No longer can you buy just one stock or bond and confidently hold it for a lifetime. The world changes too fast for that. So, even if your investments are modest, spread out to several kinds of stocks—or into a widely diversified mutual fund.

Third, do not wait to buy in at the very bottom of the market and do not try to sell out at the very top. Nobody—but nobody—is smart enough to do that. Remember: Bulls make money and bears make money, but hogs never make money.

Marshall Loeb, the managing editor of Money *magazine, is the author of* Marshall Loeb's 1986 Money Guide.

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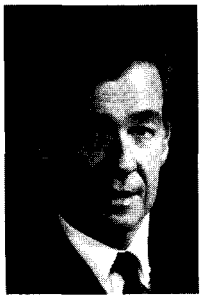

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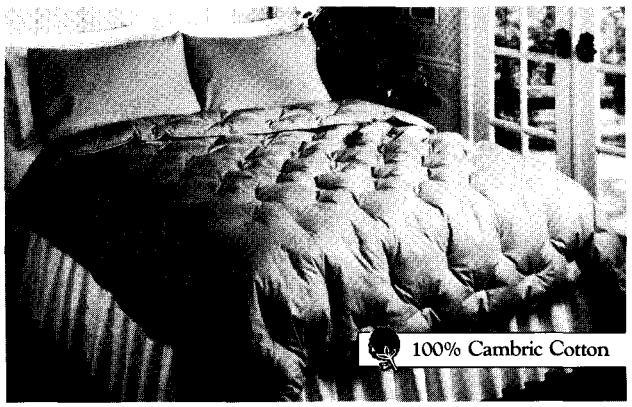

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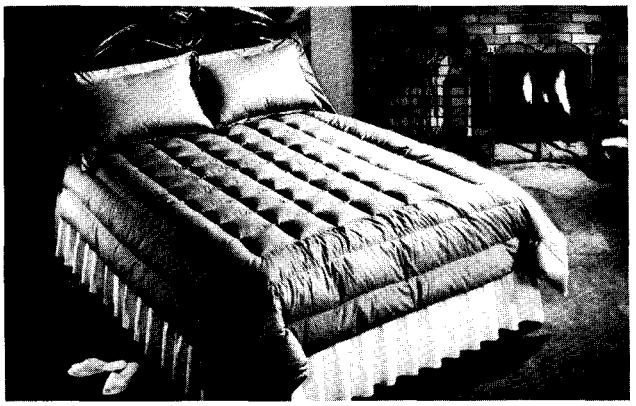

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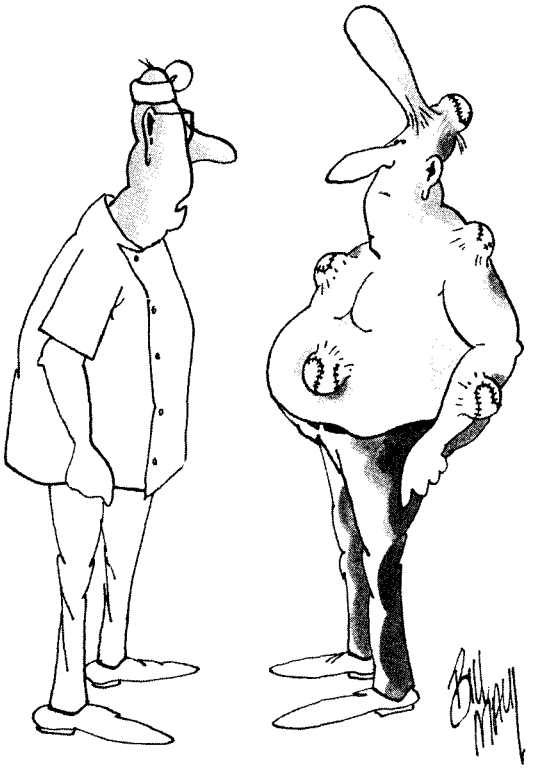
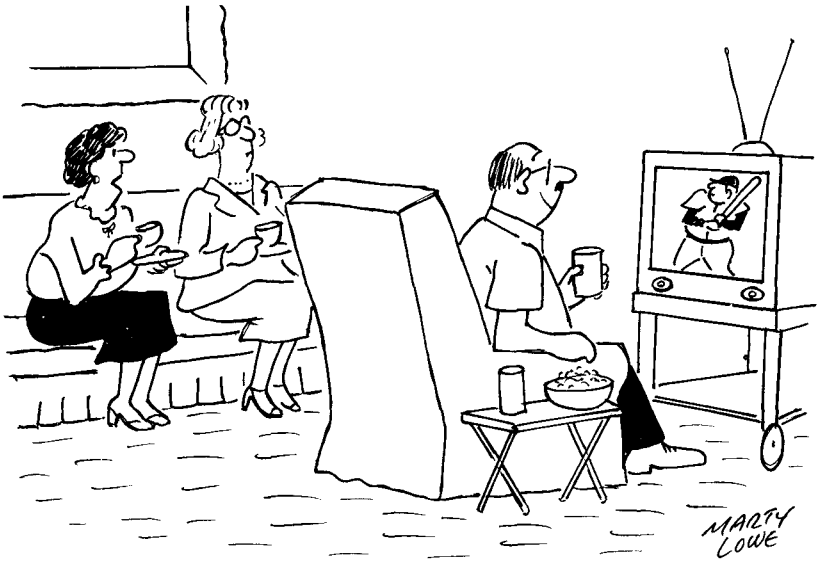
INNINGS & OUTINGS



"It's baseball fever, Mr. Fisher... you've caught it!"

"How was your day?"

"This is your last chance, kid...get your mind on the game, or you're out of the line-up!"



"Fred and I are celebrating our 35th baseball season together."

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"TOUGH GUY" KIRK DOUGLAS

Soon to be 70, with 73 movies behind him, Hollywood's versatile hero is still looking for obstacles to overcome.

by Donald Chase

"I'm extremely flexible—very few people can do this," Kirk Douglas says with just a touch of braggadocio. In sneakers and exercise suit, the screen legend bolts from the plush easy chair in his Manhattan hotel suite and goes into a flatfooted squat with his buttocks just inches off the floor. There's no strain in his tanned face. Only the quizzical creases in his brow, the smile lines about his eyes and mouth, and the gray in his thick, sandy hair betray his age, 69. And that number doesn't stop him from sprinting across the top of a moving train with his costar, Burt Lancaster, in the new Disney action comedy *Tough Guys*.

Douglas has always been tough, but flexible, in more ways than one. He risked going against the prevailing nice-guyism of postwar leading men to play *Champion*'s exploitative boxer, arguably Hollywood's first "anti-hero." One of the first actors who produced their own films, he created starring roles for himself as well as a platform for important issues. His company, Bryna Productions (named after his mother), made the controversial 1957 antiwar statement *Paths of Glory* and broke the infamous Hollywood blacklist by hiring Dalton Trumbo to write *Spartacus*. Last year, Bryna made the TV movie *Amos*, on the prickly subject of elderly abuse.

"As an actor and a producer," Douglas says reflectively, "I've always been drawn to stories about people overcoming obstacles. I'm sure it must be because I've had to overcome so many myself." Douglas was born Issur Danielovitch in Amsterdam, New York, one of seven children of an impoverished immigrant Russian-Jewish peddler and his wife. "But also," he adds, "I believe that challenge is what keeps you young, strong, and flexible, physically and mentally."

The "tough guy" image (opposite page) fades when he steps out with Anne, his wife of 32 years (above).

The physical challenges Douglas sets for himself these days may be a tad less strenuous than those of his youth. The former collegiate wrestler prefers a moderate regimen of calisthenics, weight lifting, walking, and tennis, and "though you don't have to be a monk," a low-cholesterol diet and low alcohol consumption. But his mental challenges are as rigorous, now that he's a successful actor and the owner of homes in Beverly Hills and in Palm Springs, as when he was a struggling performer trying to afford Saint Lawrence University and the American Academy of Dramatic Arts. And his skills are as avidly courted.

"That's why," he says, "I don't keep any of my awards around; they're all packed away." They include three Academy Award nominations (for *Champion, The Bad and the Beautiful*, and *Lust for Life*) and the Presidential Medal of Freedom, conferred upon him by President Carter for his good-will work worldwide. "They're the past, and I'm looking forward to future challenges. When people want to know when I'm going to stop making movies, I always say, 'When they stop asking me to, and when I no longer find them challenging,' " he says.

"They," the Disney people, asked Douglas and Lancaster to costar in *Tough Guys* after seeing a film clip, shown on the 1984 Academy Awards telecast, from an Oscarcast of the late 1950s. The two sang a sour-grapes spoof called "It's Great Not to Be Nominated This Year." The duet was a reminder of the rapport the actors had developed in six movies together: *I Walk Alone, Gunfight at the OK Corral, The Devil's Disciple, Seven Days in May, The List of Adrian Messenger,* and the made-for-TV *Victory at Entebbe*. And in 1981, Lancaster and Douglas played the aging Huck Finn and Tom Sawyer, respectively, in a San Francisco staging of *The Boys in Autumn*, a Broadway hit.

"The basic premise [of *Tough Guys*]," Douglas explains, "is that 30 years ago, Burt and I tried to rob a train—a great, special train, the *Gold Coast Flyer*, that runs between Los Angeles and San Francisco—and got caught. The picture opens on the day we're released from jail, and the humor comes from our unsuccessful attempts to deal with modern-day life. The poignancy comes from the affection between us and how much we miss each other when we're separated after being cellmates for so long.

"So," Douglas continues, "when we decide, in a crazy way, to go for one last hurrah, to steal the train, which is now making its last run, there's a *reason* for it. It's the one thing we know how to do; it brings us together, and it has memories."

Working again with Lancaster triggered memories of 30 years ago. "When Burt and I were on location in Tucson for *Gunfight at the OK Corral* in 1956," Douglas recalls, "we used to have dinner together every night and talk until one-thirty or two in the morning." But for all that Douglas and Lancaster did—and

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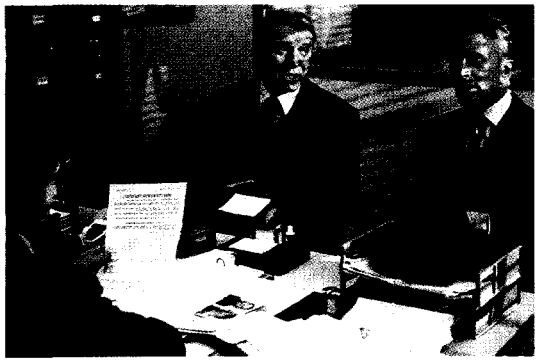
do—have to talk about, Douglas says they are "not close, intimate friends. A year might go by when we don't see each other, except at industry functions. And yet I feel that if I needed Burt and called on him, he'd be there. And I think he feels the same way about me.

"I'm probably more gregarious," Douglas adds. "But then I'm married"—for 32 years to a Belgian-born former publicist, Anne Buydens—"and now Burt is not, and I think that makes a difference."

One similarity Douglas finds in himself and Lancaster is their determination to give value for money. "We're both hard working; we're always on time—professional. Maybe it's because we're both closer to the hard-work ethic of the immigrant generation than a lot of today's actors, but we couldn't conceive of holding up production. When we were coming up, we used to average three pictures a year—*Tough Guys* is my 73rd—and to make just one picture a year now, forget about one every three years as Warren Beatty and Dustin Hoffman do, seems like sloughing off," he says.



Kirk Douglas' 73rd movie, *Tough Guys*, "has memories," he says. It brings him together again for the eighth time with his fellow star Burt Lancaster.

Douglas didn't know if his four sons would have the incentive to make it in show business. "I always figured that by starting life with nothing, by having nowhere to go but up, I really had all the advantages," he says. "My sons didn't have the same impetus—the old man could take care of them if things didn't work out. And the chances for success in the movie business are so remote, especially for actors, who constantly face rejection and just can't help but take it personally. So I advised each of them from entering it—you see, I felt that if you *could* discourage somebody from going into it, they shouldn't be in it."

None of the boys was discouraged. Michael, now 42, won an Academy Award for producing *One Flew over the Cuckoo's Nest*—a personal vindication for dad, who had starred, none too successfully, in a Broadway version of the material and failed to get it going as a film. Michael also did double duty as actor and producer in *The China Syndrome, Romancing the Stone,* and the latter's sequel, *Jewel of the Nile*. Joel, 39, also a successful producer, coproduced *Stone* and *Jewel* with his brother. Peter, 31, produced the Chevy Chase hit *Fletch* and the TV drama *Amos*. Eric, 28, who appeared in *Nothing in Common*, will be in *The Golden Child*, Eddie Murphy's next movie.

Douglas says of his sons: "Possibly, in the past, they might have

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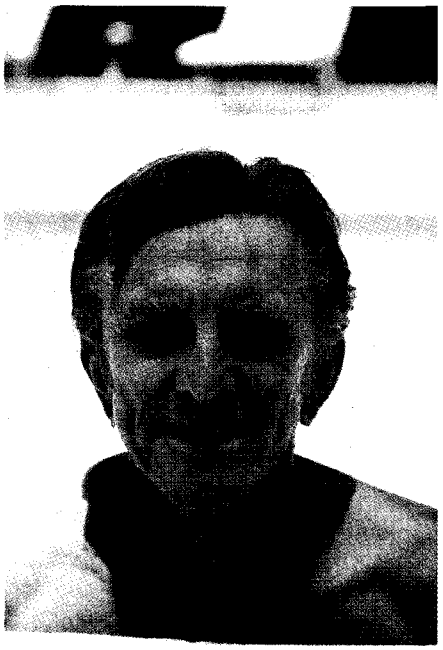
learned something from me, but I now learn a lot more from them. I ask more questions than they do; they keep me *au courant*. And Peter, don't forget, brought the *Amos* project to me, not the other way around. Working on it with him was so gratifying because it was not the father looking down on the son, but if anything, the son looking after the father." As for Michael, "I said to Burt Lancaster on that Academy Awards show, 'If I had known he was going to be so important, I would have been nicer to him when he was young!' "

Yet Michael's professional success is not what makes his father happiest. "It's that he's done so many things to help other people," Douglas says. "It's that he gets involved, that he went to Central America about a year ago and got people from both ends of the political spectrum to come to Los Angeles for a discussion of their differences. He's backing a theater group in Santa Barbara composed only of handicapped kids. Those are the things I admire most about Michael. Because that's *character*. Then, secondly, I admire him as an artist."

Michael is, in a way, just a chip off the old block. For 20 years Kirk Douglas has been traveling the globe at his own expense for the United States Information Agency and addressing student groups about America. He also made a TV documentary about the Afghanistan refugees fleeing Soviet domination.

"I use myself as the most immediate example of what America means," Douglas says. He likes to recall taking his immigrant mother in a limousine to see the block-long Times Square billboard announcing "BRYNA PRESENTS *SPARTACUS*." His mother was not overwhelmed, as he had expected. She simply remarked, as she had so often before: "America is a wonderful land."

"It was as if to say, 'Well, *of course*, this can happen here,' " Douglas says. "She believed that, and she also instilled in me a sense of paying back. That's why, having benefited from our system and having the opportunity, I try to do something in return from time to time."



Swimming in his Beverly Hills pool helps the near-septuagenarian and former collegiate wrestler stay in fighting shape.

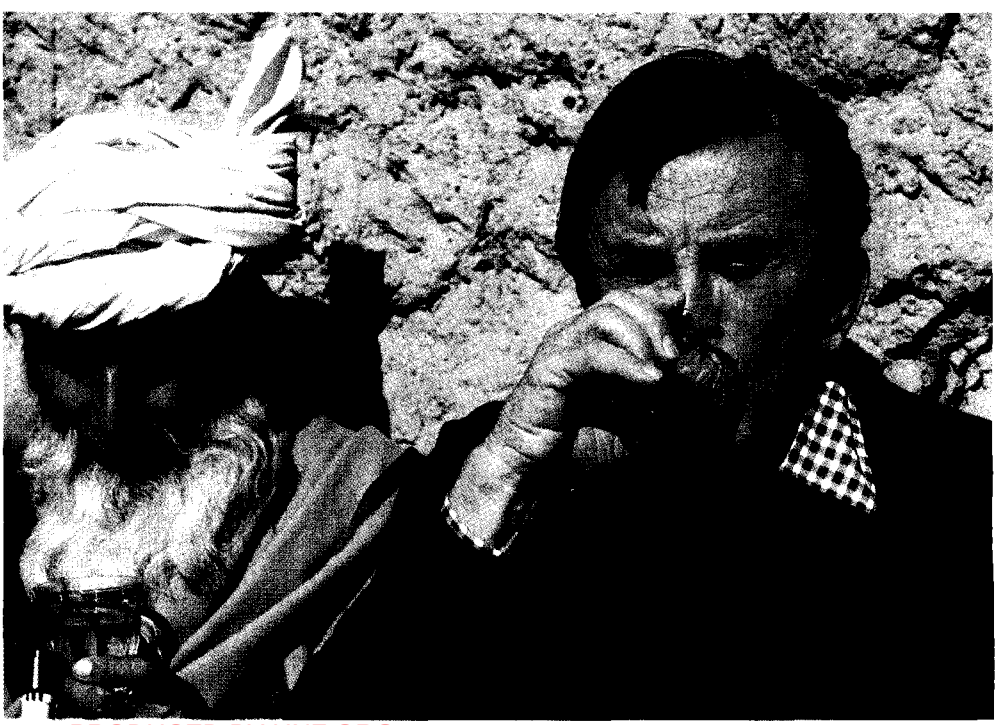
Though it was President Carter who awarded Douglas the Medal of Freedom for his unofficial ambassadorial work, the actor's trips have taken place under both Democratic and Republican administrations. "It's something that I try to divorce from politics," he stresses. "Not that I don't have strong opinions about politics, because I do. In the past I've supported various candidates, [but that can be] difficult and dangerous."

It's dangerous, he says, because "people in my position, with access to the media, have an unfair advantage. I also shy away from it now because I feel that sometimes politicians will use an actor like a hunk of meat." And he feels it's difficult because partisanship might diminish his clout as a spokesman on "themes that affect us all in a humanitarian way."

His latest cause is elderly abuse, "which is universal," he says. "Republicans get old; Democrats get old; Communists get old." He has written about the subject in the New York *Times* and spoken on it at a Congressional hearing; he used the research he did for *Amos*.

"I was appalled," Douglas says, "at the kind of abuse the elderly suffer."

Douglas refuses to wear blinders against his country's defects. "I think we have the best system," he says, "but it can remain so and become better, stronger, only if we recognize that we have faults and work to correct them, whatever the obstacles." And though we may never reach perfection, he says, either as individuals or collectively, we must never stop striving. "There's a passage in Browning," Douglas says, "that goes: 'A man's reach should far exceed his grasp,/Else what's a heaven for?' "



(Left) Neither Peter nor Michael Douglas took his dad's advice to stay out of the movie business. (Right) One Douglas project was a TV documentary about Afghan refugees fleeing Soviet domination.

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WHY WOMEN LIVE LONGER

A veteran of marriage recounts some of the reasons the male of the species goes first.

by Maynard Good Stoddard

Illustrated by Don Trawin

The IRS has issued a new life-expectancy chart that for sanity is right up there with its 1040 form. In this rather important business of breathing in and out, it has both sexes ending in a dead heat. If one has made it to age 70, according to the chart, male and female alike are good for another 16 years. Survivors to age 75, be they named Harry or Harriet, still have another 12.5 years to dust off the old Bible and begin boning up for their finals.

I say rubbish! No, make that hogwash. I say the guy who prepared the chart has never been married a day in his life. Single people, yes, they might come out about even. But if the chartist had entered into his computer what the ravages of marriage do to hubby's life term, his figures would have given the female at least a dozen years more.

Don't tell me about equal stress in the marketplace now that the housewife has deserted the kitchen cabinet for the filing cabinet. I'm saying hogwash because of the ravages that take their toll when the housewife isn't filing.

"Do you want to go out, Brutus?" the longer-liver will ask our dog, who is standing with his front paws on the doorknob, back legs crossed, tongue out, tears in his eyes. Not once in ten years has Brutus replied, "Yeah, I'd kinda like to go out, if it's not too much trouble."

Of course it's not too much trouble. Because this question is my cue to heave myself off the sofa, whack my knee on the corner of our glass-topped coffee table (I don't think I've missed once since she bought the stupid thing), and let the dog out.

"I can't remember turning off the stove," Lois will muse after climbing into the car and fastening her seat belt. Interpreted, this means, "Why don't you shove the thingamajig into Park, shut off the engine, unbuckle, and go in to check?"

Let the telephone ring (especially after we're in bed) and she will say, "Is that for you?" You know, as many times as I've heard that telephone, I still can't tell a male ring from a female ring. On these occasions it is my custom to whack both knees on the coffee table. The fact that it's usually a female ring doesn't help a whole lot.

The responsibility for keeping the movable parts of our household and yardhold appliances moving falls upon you-know-who. If a part is burnoutable, why be concerned if it burns out?—the replacement also falls on hubby's side of the work ledger. And should the job be beyond his limited talents, it's up to him to call in one of those chaps in the white-denim jumpers at 20 bucks an hour, plus parts, plus service charge.

As a result, rather than making our water pump start up, I shave with water Lois has used for boiling eggs. She, on the other hand, thinks nothing of activating the pump by letting the water run until it's hot enough to wet her bangs. (Who ever heard of wetting bangs with cold water?) I try to make up for the wear and tear on the hot-water heater by taking my summer baths down at the creek and beating myself against a rock.

She'll put the vacuum sweeper in action to suck up nothing more than a wisp of navel lint from the bedroom floor. I pick up flakes of artificial snow from under the Christmas tree by hand. She heats the car in winter and air-conditions it in summer just to drive to the mailbox at the foot of our driveway. In rain or snow or dark of night, I walk to the mailbox. She turns up

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the thermostat to dry the panty hose she won't be wearing for another week. To spare the furnace, I dry my socks on my feet.

Consider the refrigerator. A man pretty well knows what he's after before opening the door. If I'm putting in rather than taking out, I can yank the door open and stick the stuff in before the motor realizes I'm there. My best time for a bowl of Jell-O, a dish of coleslaw, and a carton of eggs is seven seconds. Oh, a little coleslaw might plop into the Jell-O, but the eggs have to be cracked sometime anyway, as I point out at the inquisition.

Women, on the other hand, are browsers. My wife especially delights in opening the door and just standing there, humming. Maybe she'll finally stick a finger tentatively into a bowl and mutter, "That looks like coleslaw in the Jell-O." Or she'll lift a cover from a casserole and muse, "That must be the Hungarian goulash from last Thursday . . . I'd better fry it tomorrow for breakfast."

Not until the fridge has begun to vibrate nicely will she begin to move things. Sometimes she moves things from one shelf to another; sometimes she moves things to a new location on the same shelf. Sometimes she indulges in a game of "refrigerator checkers" by jumping one dish over another and sticking the jumped dish out on the table. Then she'll begin putting everything she can into smaller receptacles. By this time the furnace has come on, and she is standing there with frosted eyebrows and wondering what it was she wanted in the first place.

Counterclockwise, the electric range has no movable parts. So anyone from an alien planet might think it's beyond a woman's touch. It has, however, an $80 thermostat that can fall victim to overuse. Ergo, while I am sparing the toaster by eating stale rye bread and pretending it is toast, wife is charring her bread in the oven. While I'm wearing a sweater on chilly mornings, she not only starts up the furnace but turns all four range burners on High, turns the oven to Bake, and leaves the oven door open. By the time we sit down to a breakfast of cold cereal, the mercury on the thermometer outside the kitchen window is trying to get out at the top.

One of the more subtle ways a wife has of cutting down on hubby's life span is in the moving of furniture. Coming home late one night from an exhausting game of golf that went to the 19th hole, I considerately removed my shoes before tippy-toeing upstairs. And so as not to awaken sleeping beauty, I undressed in the dark and hung my clothes on the floor before going over and dropping exhausted onto the bed. Only it wasn't the bed. From the tinkling of vials and the crash of bottles and jars I surmised I had landed on the vanity. For the next three days I carried the aura of an Avon lady stuck in a revolving door in mid-August.

Then there are the instructions a wife leaves with hubby when she's to be away for a three-day flower-arrangement seminar, or whatever. The lima-beans episode must have shortened my time on earth by a full six weeks.

"All you have to do," she said, "is wash them, let them soak awhile, put them in a pan, be sure there's water in the pan, and put the pan on the burner. And oh yes, turn the burner on. Do you know how?"

Of course I know how to turn the burner on. But how do you wash a lima bean? When I couldn't find where she hides the vegetable brush, I made my toothbrush do. Holding on to those little devils while dipping the brush in a dish of Dove is not the easiest trick in my repertoire. By the time I did 25 (salvaging 23; 2 got away from me and shot underneath the stove), I decided I had enough for a mess.

Soak them awhile, she said. Without a chart showing the number of minutes in awhile, I gave them a full ten minutes before putting them on the stove and turning on the burner. After the water came to a boil, I gave them another ten minutes and then spooned one out to test it. This maneuver left me with 22—the thing skidded out from under my testing fork and joined the 2 underneath the stove.

Fifteen minutes later, afraid the beans would turn to mush, I ladled them onto a plate. Right away I knew my fears were groundless—mushy beans don't rattle. Still, I had to prove it by chipping the enamel on my best tooth before dumping the beans into my tackle box. If I can figure a way to drill holes in their little carcasses, they'll make ideal sinkers.

When the routine gets a little dull at our house, woman enjoys no greater thrill than making a dramatic phone call to hubby at the office. "Your refrigerator is shot!" is high on the list, closely followed by "Your furnace just blew up!" An appliance is "ours" only when new and being shown off to envious neighbors. Once the thing is shot or blows up, it's all yours, buddy. I've had calls on everything from "The wires on your space heater have melted!" to "Your electric carving knife is stuck in the curtain rod I was trying to shorten!" to "I got only three walnuts cracked, and now your ice-cube crusher just sits there and whines!"

When it comes to knocking years off a man's life span, a wife counts heavily upon the car—like the time my wife drove to Spencer to buy a new belt for her sewing machine, the old belt having given up the ghost midway through sewing up a stuffed turkey.

"Your car won't run!" she yelled into the phone, without even the courtesy of the customary preface "Guess what?"

The car, it seems, had died on her third pass at parallel parking in front of Hanlon Brothers Hardware. My own automotive skills being limited to kicking the tires and reading the dipstick, I suggested she might better have spent her quarter calling the service department at Algood Chevrolet. Her cool "Thanks a lot" and the clicking of the phone left no doubt what the main topic of conversation would be when she came home.

Sure enough. Algood's had diagnosed her trouble as being out of gas. And why in the world hadn't I checked the tank before she left? And in the heat of her monologue her bangs dried out. So they had to be watered. This started the pump. And the wet bangs brought on a chill. Which meant turning on the range and opening the oven door. Which caused the refrigerator to begin refrigerating. Which caused me to head for the creek. Not that I needed a bath. . .I just felt like beating myself against a rock.

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DALE MURPHY: BASEBALL'S MR. NICE GUY

The biggest row he's ever caused was when he objected to lady reporters in the locker room.

by Jack Hayes

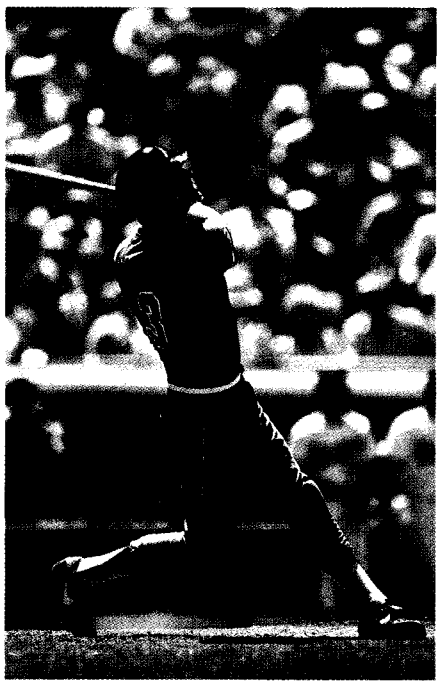
The guy stands 6'4" tall. He weighs 215 pounds. To say he's tough would be an understatement. But he's proved you don't have to drink beer, spit tobacco, laugh at dirty jokes, or curse at the umpires to be a winner in baseball. He's clean as a glass of milk and gentle as a lamb. His name is Dale Murphy.

Chuck Tanner, the manager of the 1986 Atlanta Braves, calls Murphy "Mr. Perfect." In eight seasons with the Braves, the 30-year-old Murphy has compiled team career-batting figures exceeded only by the Hall of Famer Hank Aaron. Tanner and others who have watched, coached, or played with Murphy rhapsodize when asked about the likable father of four young boys who teaches religion to teen-agers in Roswell, Georgia, during the off-season. "God puts somebody down here like Murphy only every 50 years," Tanner says. "I'm not talking just about baseball, either. I'm talking about him as a person. In my opinion, there's no finer fellow on earth."

Willie Stargell, a coach on the Braves' staff and a retired Pittsburgh Pirates star, praises Murphy's composure in tough situations. "He stays friendly even when he's hurting," says Stargell, who has seen the highs and lows of many players during his long career. "He just never has a bad word for anybody."

Murphy does have human faults. He strikes out and drops fly balls just like everybody else. ("I saw him drop a beautiful quiche right in the church parking lot," says Bishop Gerald Bahr, the Mormon leader who presides over Murphy's church congregation.) Still, for a guy who gets so much attention, Murphy has walked a straight line. "I've often wondered whether I could have handled major-league fame as well as he has," reflects Jack Dunn, his high-school coach and a former minor leaguer. Murphy's sole source of bad press?—an avowed dislike of lady reporters in the clubhouse.

The only thing ostentatious about Murphy is what shows in the baseball record books. In 1983, he became only the fourth National League player to win back-to-back MVP awards. In 1986, for the fifth consecutive year, baseball fans voted Murphy to the NL All-Star team. He is consistently at or near the top of several NL offensive categories. Last year, he finished first with 37 home runs,



Women in the clubhouse are no hit with Murphy: "Guys walk around naked in there!"

which marked his fifth season with more than 30 homers.

Coming into 1986, Murphy was the only NL player to drive in more than 100 runs a season for four consecutive years since Steve Garvey did it with the Dodgers in 1977 through 1980. Should he drive in that many runs again this season, he'd be a step closer to reaching a record shared by Willie Mays—a boyhood hero he saw playing in San Francisco when his family lived in northern California—who did it eight years in a row from 1959 through 1966. Murphy resembles Mays in defensive play: His reputation in center field makes him a constant concern to base runners. Last season, he also won the Lou Gehrig Memorial Award, a prize that recognizes outstanding image and character.

Consistency is another Murphy attribute. Among active major leaguers, only Steve Garvey and Pete Rose have had longer consecutive-game streaks than the one Murphy himself brought to a halt this season after 740 games. He had decided that the day-to-day pressure of the streak was distracting him. The greatest threat to it had come earlier in the season when Murphy cut his right hand making a catch against the center-field fence and needed several stitches to close the wound. The start of the next Braves' game found Murphy sitting on the bench. But in a scenario worthy of a scriptwriter, he kept his streak alive by pinch-hitting and promptly cracking a home run. (The resemblances to Hollywood ended there, as the Braves went on to an 8-1 defeat.) He continued his streak the next day.

Something about the clean-cut example Murphy sets prompted his fans to react with compassion rather than criticism to his recent prolonged slump. Larry Munson, the host of a sports talk show in Atlanta, claims callers to his show were overcareful not to dissect Murphy during this mysterious decline. "If he were anyone else on the team, they would have eaten him alive," says Munson.

Murphy signed into the baseball profession right out of high school. An admirer of the Cincinnati Reds' Johnny Bench, he was a promising catcher throughout his minor-league career and during his first two years in Atlanta as well. But an increasingly inaccurate arm prompted the Braves' coaching staff to move him to first base, then in 1980 to the outfield, where he has won four Gold Glove

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awards since 1982. That first year in center field, he blossomed as a batter by hitting 33 home runs. After the strike-shortened season of 1981, he hit 36 homers in both '82 and '83 (his MVP years), 36 again in '84, and 37 in '85.

An active Latter-day Saint, Murphy is not one to flaunt his religion. He was introduced to Mormonism by Barry Bonnell, a former Atlanta Brave. Bonnell baptized him the day after the end of the 1975 season, when both were minor-league players in the Atlanta organization. After his first season in Atlanta, Murphy spent the winter of 1978-79 at Brigham Young University, where he met his wife, Nancy. They were married the following October. The oldest of their four sons is now five. All has not been blissful, however: Their second child, Travis, suffers from Rubinstein-Taybi syndrome, which retards mental and physical development.

There were many pressures early in his marriage to draw him away from home—particularly after he received his second MVP award. He hints that he's since made some hard choices. It's not just the game and the post-season appearances, either—it's the possible injury to his spouse' identity. Continually, he says, a wedge is being driven between an athlete and his family. "You go out in public and it's 'Hi, Dale.' Then they see your wife and say 'Hi' again, but it's not the same."

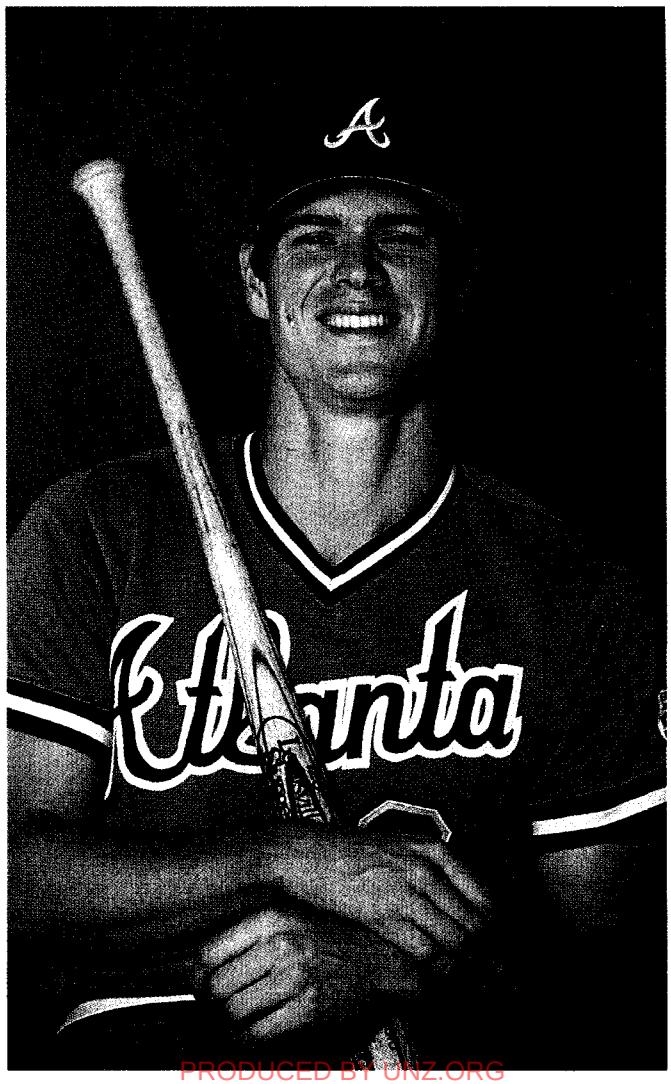
Murphy "feels" for the many athletes still struggling with their fame. He sympathizes with their frailties and insists he's as weak as the next man when it comes to everyday problems. Yet he knows the public isn't willing to allow its heroes such privileges. "I feel sorry for the guys who've taken a bad rap because of something they've said or done. Maybe some of them have deserved it. But because they're great at one thing doesn't mean they're perfect. I'd like for people to know we *are* human," he says.

He may have one weakness. He has difficulty saying no. Stargell sees a lot of demands put on the slugger, who drew nearly 1.5 million All-Star votes in 1985—more than any other player. Bishop Bahr, who called Murphy as a seminary teacher two years ago, feels the same way. "Those around Dale often have to say the no's for him," he says. There were embarrassing times when people even asked for Murphy's autograph in church, Bishop Bahr recalls.

Thus, Murphy has learned that fame has its negative side. Popular athletes, he now admits, are like entertainers who love and become hooked on their jobs and their following, often to the detriment of their families. "The problem is that it's so much fun," he says with a shrug. "It's more than fun. It's *addictive*!"

On the highly publicized issue of drugs in sports, Murphy is more baffled than opinionated. "I don't see the kind of things they're talking about," he says. "But we apparently have quite a big cocaine problem in this country, so it's bound to affect athletes." Murphy adheres to his religious beliefs and doesn't drink, smoke, or chew—let alone use drugs of any sort. He believes his habits contribute to performance as well as to spiritual well-being. "I see so many great athletes—guys who depend on their bodies for their jobs—doing it [not taking care of themselves]. Major-league athletic ability is a gift, and to see that gift neglected is very sad," he says.

Murphy admits he's scared to imagine his children growing up in a world rampant with physical abuse. "I'm trying to teach my kids principles that will keep them safe and happy in life. And I'm hoping they'll choose those principles when they grow up over the ones the world teaches. It's a big preparation. We're in a scary place," he says.



Are there any major-league records Murphy can shoot for? With fewer than 300 homers to his credit, and less than half a career left, he admits he's probably not going to catch Hank Aaron's major-league record of 755. And Murphy has hinted to management that he may not play for as long as he's physically able. But Murphy likes to work on more immediate goals, anyway. He's batted .280 or above the past four seasons, and one might imagine him wanting to continue that strong average—especially if it will help him break the 100-RBI level again.

But whether he makes it can't be the most important thing in Murphy's life. Something he's learned is baseball's capacity to humble even the strongest of players. A batter hitting .300 is considered an excellent player, but Murphy likes to put even the best things in perspective.

"That's only a 30 percent success rate," he says with a grin—in typically modest Murphy fashion.

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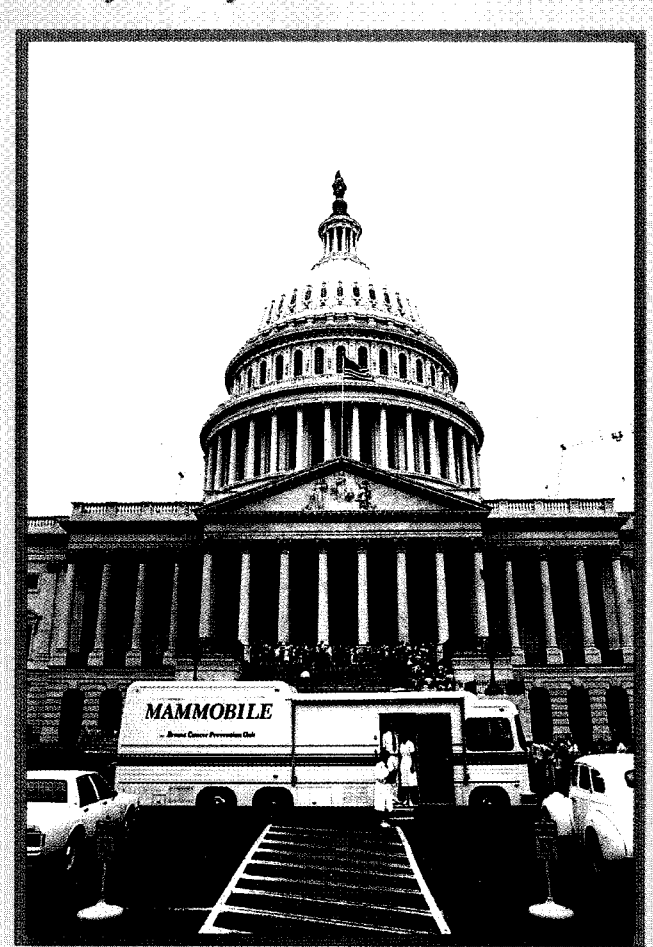
The Mammobile Goes To Washington

In Virginia Beach enroute to Washington..."There should be a mammobile in every city," said Dede Robertson upon learning that her mammogram revealed a malignancy.

by Cory SerVaas, M.D.

A patient who had a mammogram on the Mammobile had listed no physician. She wanted to be notified of the results herself. When the radiologist called me with the findings, I was left with the unpleasant duty of telling this lady that she had a suspicious density in her breast that should have immediate attention. She told me she didn't know any doctors and asked for the name of mine. I gave her two good references, but she persisted, "Which one do you use?" I then gave her the name of my own doctor and she seemed satisfied. "That's where I'll go," she said resolutely. From our conversation I learned that if our Mammobile hadn't been parked behind the Indianapolis Federal Building, where she worked, she wouldn't have gone for a mammogram and wouldn't have known about the suspicious density until she could feel the lump. I could only pray that it wasn't already too late for her.



Sal Dimarco/Black Star

The Mammobile did free mammograms for the Senate office buildings and then moved across the plaza to take women from the House of Representatives' office buildings.

My thoughts went to the time breast cancer hit home in our family and it *was* too late. When my brother, a rear admiral in the U.S. Navy, called to say his wife Elaine had found a lump in her breast, I flew to the National Naval Medical Center in Bethesda, Maryland, with hopes that it would be small. The larger the lump, the more likely the cancer has had time to spread. Surely Bethesda hospital patients would have the best care in the nation. Surely Elaine wouldn't be coming in with advanced cancer. She was educated, well read, a conscientious and tireless worker for her family and church. As the wife of a rear admiral she had an active social life. But surely she would have been getting regular checkups and mammography.

For Elaine, however, it *was* too late. My heart sank when I felt that horrid, large hardness in her breast. She had found the mass—she had never had a mammogram. The next day we waited anxiously to get the pathologist's report to learn whether cancer had spread to the lymph nodes. Positive lymph nodes would lower her chances for five-year survival from 91 to 59 percent.

My brother tried to be cheerful and to appear optimistic: "Only three positive nodes out of 19." He spoke assuredly, as though he were in complete control of the problem. Like an admiral in charge, he set about to fight the war against breast cancer. Small victories were celebrated: no bone involvement could be found; the hope for a new chemotherapy that just might arrest the spreading demon. He sent airline tickets to their children in distant cities so that they could visit their mother often. He stayed home to be with her. Women are permitted to cry at weddings, but when Elaine cried as our daughter gaily flung her bouquet before departing for her honeymoon, we all were aware that she was crying because she knew she wouldn't live long enough to plan her own daughters' weddings. She died soon after.

Our Society supporters know that the Mammobile started in Indianapolis and has been winding its way eastward. We had no particular reason for going east instead of west,

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because goodness knows we have had enough requests to go west.

In Cincinnati, we knew we had a great colleague in Dr. Myron Moskowitz, professor of radiology at the University of Cincinnati. This dedicated man is saving women's lives right and left in his research projects with the National Cancer Institute (NCI). Traveling around the country, he lectures to fellow mammographers, radiologists, and primary-care physicians. His mission is to educate the public as well as the doctors about the latest technology in low-dose dedicated mammography.

He heads one of three centers where the NCI research program is identifying women at high risk for breast cancer. These women are asked to go on a special diet that includes a reduction to 20 percent of dietary calories provided by fat instead of the average American diet of 40 percent fat. This is of special interest to the *Post* because we would like to encourage the high-risk women who come to the Mammobile to go on the breast-cancer-prevention diet.

The University of Cincinnati received us graciously, and we believe that as a result of our Mammogram Awareness Week there, they soon will be given a mobile unit of their own by a large local donor.

The Mammobile then went on to Virginia Beach, Virginia, where it was so much in demand that we had a difficult time screening everyone in the week allotted to us. The Leigh Memorial Hospital helped sponsor the first week there by supplying mammography technologists.

Virginia Wentz, of Thomson-CGR, who had flown to Indianapolis to train our mammographic technologists, also came to Virginia Beach to make sure the technologists at Leigh Memorial were checked-out on the new Thomson-CGR, state-of-the-art, low-dose dedicated mammography equipment that we have on the Mammobile.

After discovering more breast abnormalities in Virginia Beach than we had expected, we stayed another week in order to screen everyone at CBN.

Danuta Soderman, co-host of the "700 Club," was game to have her mammogram done on TV for her fans. She even let the audience know that a worrisome density had been found. Her fans were all relieved when she was able to report on a later broadcast that the densities seen on her mammogram needed only further monitoring in three to six months.

Dede Robertson was next. As it turned out, we were glad that the Mammobile was located in view of the chancellor's home on the campus of CBN University where Dede and Pat Robertson live. Dede had just flown in from Texas, where she had received the Christian Woman of the Year Award. With her fantastically busy schedule—looking after her family, traveling for her many volunteer responsibilities—it is easy to understand why she hadn't found time for a mammogram for too many years. She hurried over to the Mammobile to take care of this neglected personal matter. When her mammogram was read, it showed calcifications, and a lump was promptly removed. Further biopsies were done indicating diffuse dissemination of malignant cells necessitating a mastectomy. Dede's serenity in the face of breast cancer is beautiful to behold.

"I can't imagine how a woman can go through having a lumpectomy

Photos: Sal Dimarco/Black Star

The plague of breast cancer spares neither the rich nor the poor, neither black nor white. Women from every socioeconomic position suffer in what would appear to be an increasing incidence. Rich women have a slightly higher incidence than the poor. Obese women have a higher incidence than their thin sisters.

In Washington, the Mammobile explored sites at the Providence Baptist Church, with an inner-city congregation, and at the National Cathedral and the prestigious Saint Albans. We discovered women in both high and lowly social positions are failing to have mammograms as they should.

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without knowing the Lord. When you know He is in control of the situation, it gives you peace of mind," Dede told us in her usual happy, upbeat manner. We know that women with faith and a positive attitude always do better with this curious disease. We talked to Dede about how serious the women seem who sit in the Mammobile waiting for their mammogram. She suggested Psalm 91 might be framed in the waiting room of the Mammobile:

"We live within the shadow of the Almighty, sheltered by the God who is above all gods.

[2]This I declare, that he alone is my refuge, my place of safety; he is my God, and I am trusting him. [3]For he rescues you from every trap, and protects you from the fatal plague. [4]He will shield you with his wings! They will shelter you. His faithful promises are your armor. [5]Now you don't need to be afraid of the dark any more, nor fear the dangers of the day; [6]nor dread the plagues of darkness, nor disasters in the morning. . . ."

When I asked her for appropriate religious music that we might play on the van, she suggested praise hymns like "How Great Thou Art" and "To God Be The Glory."

Virginia Wentz is the daughter of missionaries in Japan. She told us her mother is often asked to bring U.S. breast cancer patients back home. Mammography isn't done on these women in Japan and their cancers are often advanced before detection.

I'm thankful for having had the opportunity to spend a weekend with Dede right after she learned of the malignant cells. As a nurse, she knows exactly what to expect; as Christian Woman of the Year, she sat reading the Bible and then knitting as we flew to California. If her bandages were uncomfortable or if she were fearful of the impending further surgery, she never let it be known. She hostessed large crowds, welcoming her guests graciously.

Our Mammobile then headed for Washington, D.C. Dave Cialdella, who registers patients outside the van, also drives the van for our mammographic technologist, Sherry Ferguson. Rev. Peter Michael registers patients and also does TV documentaries for the *Post* wherever he goes. Bob Silvers, vice president of the Society, is administrator of the project which we hope will cause the death curve for breast cancer soon to make a sharp drop.

Our first location in Washington was at 12th and Constitution, where we worked with marvelous medical personnel at the IRS building and also at the Smithsonian. Dr. Mary Gamez is the physician in charge at the IRS building, and Dr. J. Andrew Armer, Chief of Health Services, is in charge at the Smithsonian. Joan J. Simms and Susan Little, area nurse supervisor from the Department of Public Health, helped immensely by alerting all their personnel and keeping the parking meters bagged and the Washington police ticket dispensers at bay. While there, we had far more women signing up than we could finish in a week. In fact, it soon became apparent that processing the applicants would take two weeks.

The next stop would be the Capitol, to mammogram women in the Senate and House office buildings.

We had operated the Mammobile at Senator Richard Lugar's Annual Fitness Fair in Indianapolis and we knew his office would be a good place to start our effort to mammogram the women on Capitol Hill. In no time at all Dan Heimbach in Senator Lugar's office helped us arrange everything with the Senate Sargeant of Arms. He even paved the way for us to go to the White House next. Congressmen Andy Jacobs and Dan Burton were marvelous help on the House side. They all helped pass out notices to Senate and House personnel and made arrangements for us to leave the vehicle overnight on the plaza.

Capt. William Narva is the newly appointed Capitol physician, and he

David Kohl

Dr. Moskowitz of the University of Cincinnati (left), who reads the mammograms, is surprised at the number of abnormal breasts discovered to date. The Mammobile spent its first out-of-town engagement at the Elm Street Clinic and at churches in inner-city Cincinnati.

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readily understood what we're trying to accomplish. As a matter of fact, TV coverage of our press conference may have helped create a scheduling problem at Bethesda. He told us that the backlog of military personnel and dependents who are asking for mammograms at Bethesda has resulted in a 6- to 7-week wait. "Could we send 100 of our women down for their mammograms?" he asked after determining how many we could do in a day. We were happy to have his blessings on the important project on the Capitol plaza.

In the House of Representatives, Mary Rose Oakar's big beautiful brown eyes almost became tearful as she told of her mother's breast cancer. The disease ultimately took her mother's life, and Mary Rose's sister is also a victim of breast cancer. This Ohio congresswoman has done a great deal of research on breast cancer prevention and has facts to show that screening all women for breast cancer would be cost effective as it would save the hospitalization costs of treating many cases of advanced breast cancer.

Dr. Judith Bader spoke at the press conference at the National Press Club about the lumpectomy vs. the mastectomy program at the National Cancer Institute.

Any readers who find themselves faced with a breast lump and the need for therapy may call her to find out more about the opportunity to have a mastectomy with full breast reconstruction or to have lump removal and radiation treatment. After a patient has been accepted for the program, the NCI will pay for travel to and from Bethesda and for all follow-up treatment pertaining to the breast cancer. The patient agrees to be placed in whichever program the computer determines in this randomized study. Readers who would like more information about the NCI program can also obtain reprints of the *SatEvePost* articles describing it in detail.

Dr. Ritva Butrum of Finland is the acting director of the Diet and Cancer Department at the NCI. She honored us by coming down to speak at our press conference and also by having a mammogram then and there on our equipment. Dr. Butrum provided us with information about the study she is doing with Dr. Moskowitz and was pleased to know that he would read her mammogram.

William Tiernan

Robert Silvers (right) helped us arrange the mammogram program at CBN, where Danuta Soderman gamely agreed to have her mammogram on camera for the 700 Club. Pat Robertson and Ben Kinchlow sent Dede and Vivian for mammograms.

Cincinnati, Houston, and Seattle are the cities where the NCI feasibility studies have begun.

Any of our members who live in or near these cities, who would like to be involved in the program, and who have the listed high-risk factors, can contact the following individuals about joining the research project.

* Maureen M. Henderson, M.D., Fred Hutchinson Cancer Research Center, 1124 Columbia Street, Seattle, WA 98104

* William Insull, Jr., M.D., Baylor College of Medicine, Houston, TX 77030

* Myron Moskowitz, M.D., University of Cincinnati College of Medicine, Cincinnati, OH 45221.

Dede Robertson faces breast surgery with peace and optimism. (Left) Just after hearing about the malignant cells, she accompanied her husband to the West Coast for the weekend. (Right) After reading Psalms 91, she knits for their first grandson, "Willie" Robertson.

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Joan Simms (left), IRS Employee Relations Specialist, and Susan Little (center) helped us notify the women about the Mammobile program. Said Joan, "When the Male Mobile comes, we'll send out sealed notices on blue paper with 'FOR MEN ONLY' stamped on the outside."

Women in these centers will be given an opportunity to participate in this early feasibility study. If all goes well, there will be an effort to obtain 30,000 women to participate in the program. Dr. Butrum is the acting director of the large study, having taken the place of Dr. William DeWys.

Women are given help in adjusting their diets from the average American diet of 40 percent of calories in fat to 20 percent of calories in fat. The women in the program will be those at high risk. Briefly, eligibility criteria include:

1. Women ages 45-69
2. Baseline percent calories from fat equal to or greater than 38 percent
3. At least one of the following:
   * Two or more first-degree relatives (mother, sister, or daughter) with a history of breast cancer
   * History of unilateral breast cancer in one first-degree relative
   * History of benign breast disease (two or more surgical biopsies)
   * Never been pregnant with first live birth over 30 years of age
   * Single surgical biopsy with atypical epithelial hyperplasia.

Reasons for exclusion from the program include:

* Body weight more than 50 percent above ideal weight
* Medical conditions such as cancer, alcohol dependency, and lipid-lowering medications
* Refusal to sign consent form
* Not interested in trial participation, characterized as potentially unreliable or noncompliant
* Currently following a low-fat diet (less than 35 percent of calories from fat) or;
* Lacto-ovovegetarian diet;
* 50 percent or more of meals eaten outside the home.

The general strategy incorporates teaching nutrition skills, self-monitoring techniques, behavior-modification techniques, and group-support systems. Common protocols, data forms, educational materials, a nutritionist's manual and a participant's manual, and training workshops for nutritionists were conducted or developed to establish uniformity in methods and procedures for the intervention program.

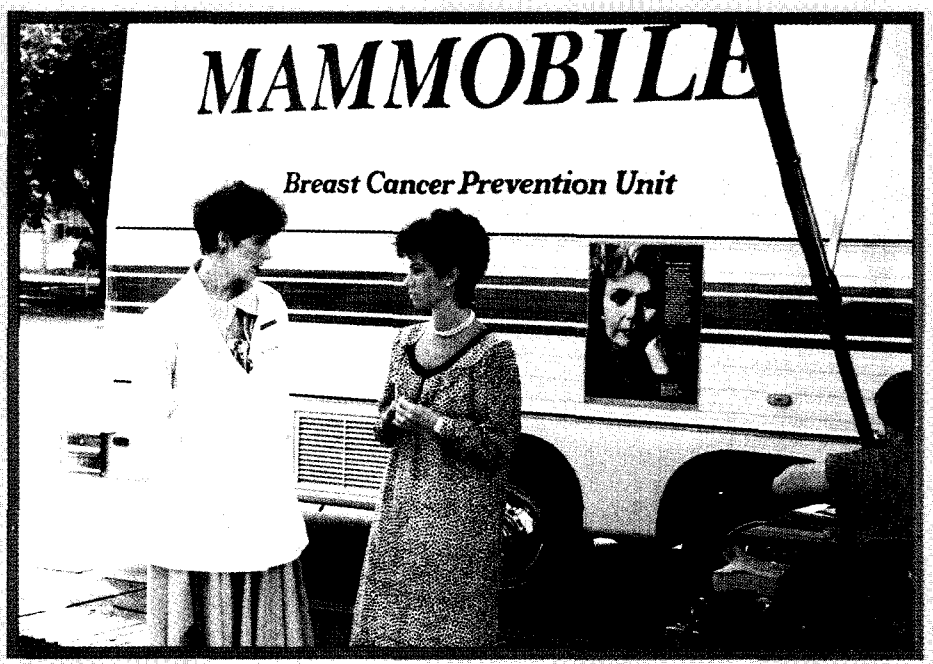
Nutrition instruction and counseling will be conducted primarily in group sessions held weekly for the first eight weeks of intervention, followed by biweekly sessions throughout the remainder of the six-month intervention period for the feasibility study. Individual sessions are scheduled for developing an individualized low-fat eating plan and for a three-and six-month follow-up visit.

Serum cholesterol, determined at baseline and at six months on the intervention program, will be used to evaluate the effectiveness of this objective biochemical measure in monitoring adherence to the low-fat eating plan.

It is estimated that the study population of 30,000 women with a follow-up period of eight to ten years would be required to obtain a statistically reliable test of the hypothesis.

We believe there is already sufficient evidence for women who do not live near the test cities to start their own low-fat regimens. We have written a great deal about low-fat diet and how important it is in the prevention of breast cancer.

When we interviewed Dr. DeWys, formerly with the NCI, he said, "We are giving dietary fat particular emphasis in our studies. The types of cancer that have been associated with high intake of dietary fat include cancer of the breast, colon, prostate,



Ellen Kingsley of Channel 9's Eyewitness News in Washington, D.C. (right), has done much to help other women catch their cancers early. She is being treated for breast cancer with positive lymph nodes. Area Nurse Supervisor Susan Little of the Department of Public Health discusses the Mammobile screening with her.

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Ohio Congresswoman Mary Rose Oakar's beautiful brown eyes became tearful when she related the story of her "spunky little mother's" death from breast cancer.

and endometrium (lining of the uterus). We think that if we can reduce the dietary fat intake in the population, we can significantly reduce the incidence of these cancers. At present, I would say that the evidence is perhaps 99 percent certain of these associations that I've mentioned. We're in the process of conducting a research project which will, at least theoretically, bring us from 99 percent up to 100 percent certainty.

"I think it's helpful to consider what the major sources of fat in the U.S. diet are and what strategies can be used to reduce these sources. Currently, 40 percent of the calories in the U.S. diet are derived from fat. In our current research, we will aim for a diet with a 20 percent fat content," Dr. DeWys said.

"The three main categories of foods that are richest in fat include the meats, dairy products, and what we call fats and oils. Often when people think of fat, they think of fat associated with meat, but may not think of the other two categories that I've mentioned. The fats and oils category is probably the largest source of fat in the U.S. diet, and in many ways is the one that can be adjusted with the least adverse effect on your overall diet. In the fats and oils category we include such things as butter and margarine that are used on sandwiches. We include salad dressings and oils used in baking. These are foods that people can readily give up without losing important nutrients.

"Recommendations that we would make to the general public in terms of reducing their fat intake will be to avoid or minimize their use of the foods in the fats and oil category. In the meat category, we have a series of suggestions that would be easily implemented to reduce the fat content drawn from meat. One suggestion is to make food choices in the direction of selecting more fish and poultry and making few choices from the red-meat category: beef and pork.

"We suggest that when people prepare their food, prior to any cooking, they remove all visible fat from beef or pork. And, if they are using poultry, they remove the skin, because in poultry much of the fat is associated with the skin.

"We believe that the cooking method is important, and we recommend cooking the meat on a rack so that any fat released by the cooking process can drip off and be discarded. We particularly discourage use of frying.

"The other thing to comment about in terms of food choices is that the fat on the outside of a food may be trimmed off and should not be a particular concern when one is purchasing meat. What one should look at when purchasing meat is the marbling, the fat distributed through the meat that can't be trimmed off and discarded. Selection should be based on finding meats with less marbling, and that way less fat would be retained in the meat after the visible fat has been trimmed off. There has been a significant trend over the last years toward leaner pork being available. We laud that. That's a very important contribution that the meat industry is making toward the health of the population in this country.

"We still don't have a low-fat hot dog, and that is in part because of the rules of the Food & Drug Administra-

David Cialdella registers patients outside the Mammobile while Sherry Ferguson does the mammograms inside.

Susan Glick, a reporter for the U.S. Information Agency, based in Washington, D.C., interviews a Mammobile patient. The report was broadcast to millions of viewers in Europe and military bases around the world on "America Today."

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The Mammobile explored the parking possibilities at the home offices of Dr. Otis Bowen, secretary of the Department of Health and Human Services.

tion that require something called "the standard of identity"; for a food to be called a hot dog, it has to have a certain composition, and until they change the rule we will not have a low-fat hot dog.

"One of the nutrients that may be important in protecting against cancer is vitamin A. The vitamin A category of nutrients and the particular fruits and vegetables that are rich in vitamin A are those having a yellow or a dark green color. We recommend that people make several choices each day from that broad category. Foods such as squash, carrots, and tomatoes are from the yellow category. For the green category, choose broccoli, spinach, etc. These will provide more than adequate vitamin A in the diet. The evidence suggests that diets with a high intake of vitamin A may be protective against lung cancer, cancer of the mouth, larynx, and the esophagus."

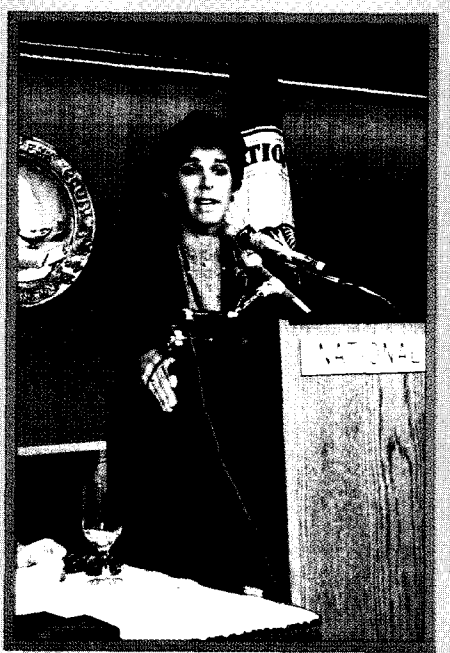
Research is currently in progress at many centers throughout the world focusing on the risk factors for breast cancer and on ways to lessen the likelihood of contracting this disease.

As the age of first pregnancy increases among American women, there is evidence that the risk of breast cancer may also be increasing. Multiple studies have shown an increase in breast cancer when the first pregnancy takes place after age 27. A study by the American College of Gynecology reported a four-fold increase in breast cancers in women who wait until 34 to have a first child.

Women who had not borne children were found to have 1.4 times the cancer risk of women who had children. The women who had their first child by age 20 had about half the risk of those who were childless.

Theories abound as to why this happens, but the mechanism remains poorly understood. One hypothesis suggests that a change in breast tissue may reduce the response to certain

Dr. Ritva Butrum, acting branch chief of diet and cancer, came from Finland to the NCI. She heads the program in which Dr. Myron Moskowitz is participating. She had a mammogram after meeting the press.



Dr. Judith Bader is the principal investigator for the NCI Early Breast Cancer Trial. She needs more patients to enter the Bethesda program. The Mammobile expects to supply these patients from the Washington, D.C., area.

Dr. Jean Elder is acting assistant secretary in the Office of Human Development Services of the Department of Health and Human Services. She gave greetings from Dr. Otis Bowen, secretary of HHS.

Photos: Cynthia Johnson/Gamma-Liaison

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Post **editors had a chance to tell Senator Gary Hart about the Mammobile project on Capitol Hill. He was pleased.**

hormones; another, that there are permanent changes in the levels of hormones circulating in the blood.

Whatever the mechanism, there is evidence to suggest that it takes place during the first three months of pregnancy. Studies indicate that pregnancies aborted—either spontaneously or induced—in the first trimester do not have any protective effect and in fact may actually increase the cancer risk substantially. Abortion after the first pregnancy does not appear to have any effect on cancer rates.

The age that a woman begins menstruating is also a factor in breast cancer risks. Women who begin to menustrate before the age of 12 have a two-fold increase in their risks of breast cancer when compared with those who have onset at 13 or older.

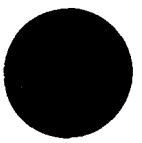
Another factor is menopause. Women whose natural menopause occurs before 45 years of age have only one-half of the risk shown by those whose menopause occurs after age 55. Stated another way, women with 40 years or more of active menstruation have twice the cancer risk of those with less than 30 years activity.

Surgically induced menopause also seems to have an effect on risk of breast cancer. Indeed, removal of both ovaries or radiation treatment of the pelvic area may have an impact even greater than natural menopause.

Dr. Brian MacMahon and colleagues from the Harvard School of Public Health noted that surgically induced menopause lowered breast cancer risk to about 60 percent of the rate of women who had natural menopause between the ages of 45 and 54. Those who had surgery before age 35 had the greatest decrease.

Perhaps the most significant risk factor, and one of the more easily controlled, is weight. It appears to be especially important in postmenopausal women. In a study in Holland, women aged 60 to 69 weighing more than 155 lbs. had an 80 percent increase in breast cancer risk compared with women weighing less than 132 lbs.

Comparison of Cancer Sizes Found by Various Detection Methods for Breast Cancer



1.7 cm (11/16 in)

Average size lump found by women practicing occasional breast self exam.

1.0 cm (4/10 in)

Smallest size cancer which can be felt by palpation.

0.8 cm (5/16 in)

Average size lump found by women practicing frequent breast self exam.

0.4 cm (5/32 in)

Average size lump found by mammogram.

0.1 cm

Cancer calcifications of this size can be seen on mammograms.

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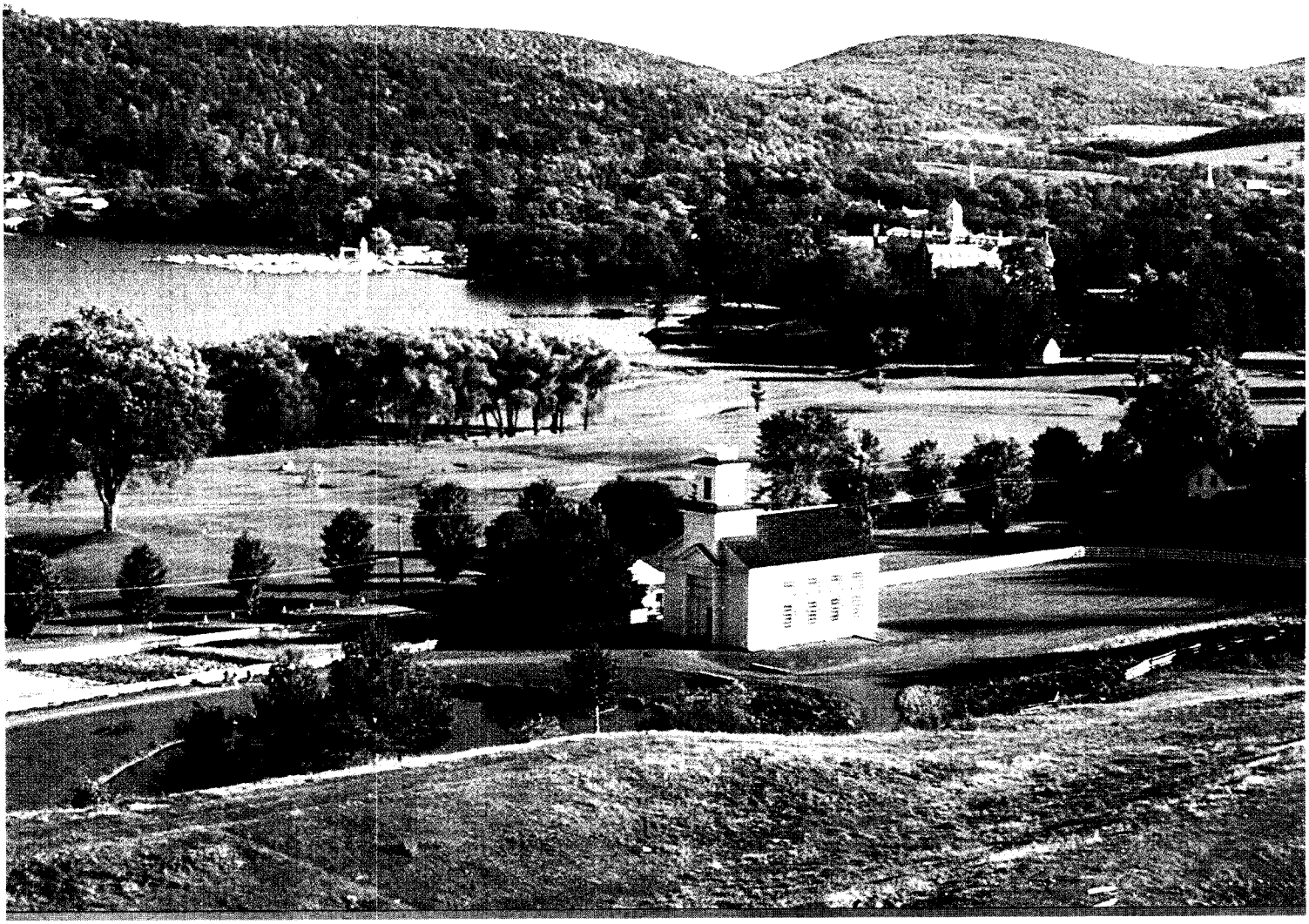

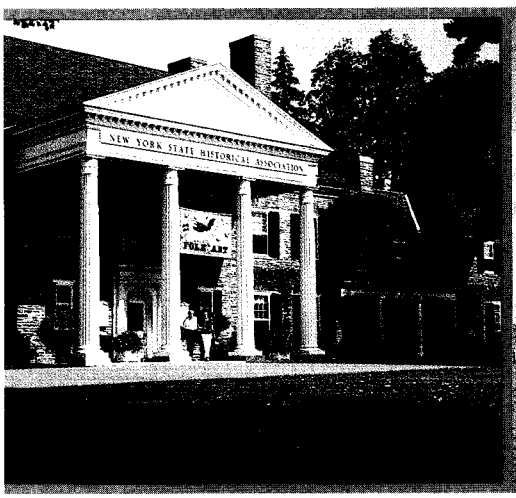

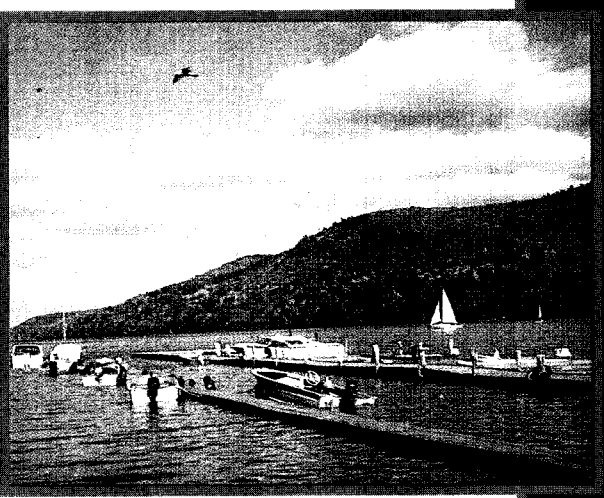

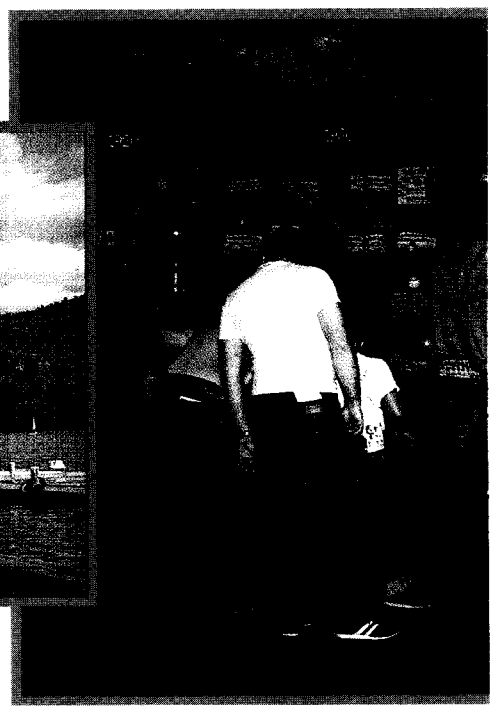

James Fenimore Cooper's Deerslayer once stalked Cooperstown and environs (above). Cooper lore abounds at Fenimore House (left) and around Otsego Lake (right), the Glimmerglass of the *Leatherstocking* novels.

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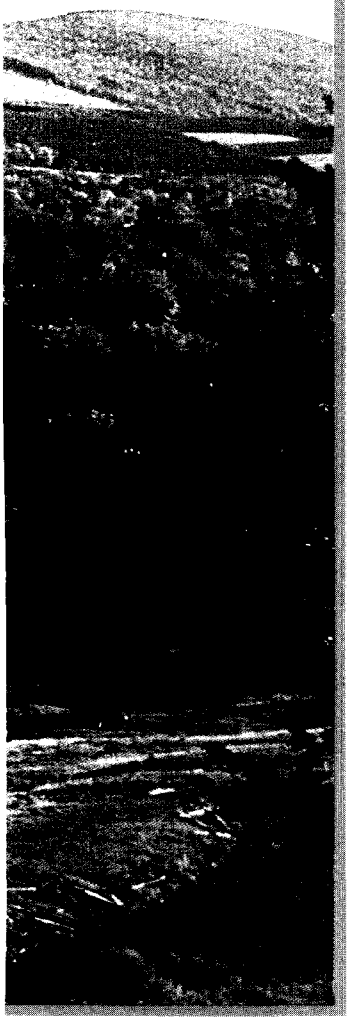

COOPERSTOWN: VILLAGE OF LEGENDS

The home base of baseball legends and the legendary novels of James Fenimore Cooper is celebrating its 200th anniversary this year.

by Keith Kehlbeck and Maynard Stoddard

Say "Cooperstown" in a word-association game, and the immediate response is "baseball." There are good reasons for this: Here the game supposedly originated, and here is the home of baseball's Hall of Fame and Museum, a repository of artifacts, mementos, and records. . . the stuff of legends.

There is more, however, to this sleepy upstate New York community of one stoplight and 2,300 residents than baseball. Within the confines of the quaint little burgh one has the feeling of entering a simpler era. The quiet neighborhoods, the tree-lined main street, the freshly painted façades of the Victorian houses typify the civic-minded spirit of Cooperstown's people, the proud inheritors and custodians of American lore.

Here James Fenimore Cooper, the first major American novelist and the author of *The Leatherstocking Tales,* arrived at the age of one. His father, Judge William Cooper, one of the major landowners of the state and a notable figure in New York politics, was killed by a political opponent, but not before giving his name to the frontier village he founded.

Otsego Lake, adjacent to the town, provided the author inspiration for the Glimmerglass, the shimmering lake fed by cold bottom springs that he immortalized in his works. The lake now serves as a leisure-sports hub during the summer's clear, warm weather. Not so inviting are the long winters, often heralded in November

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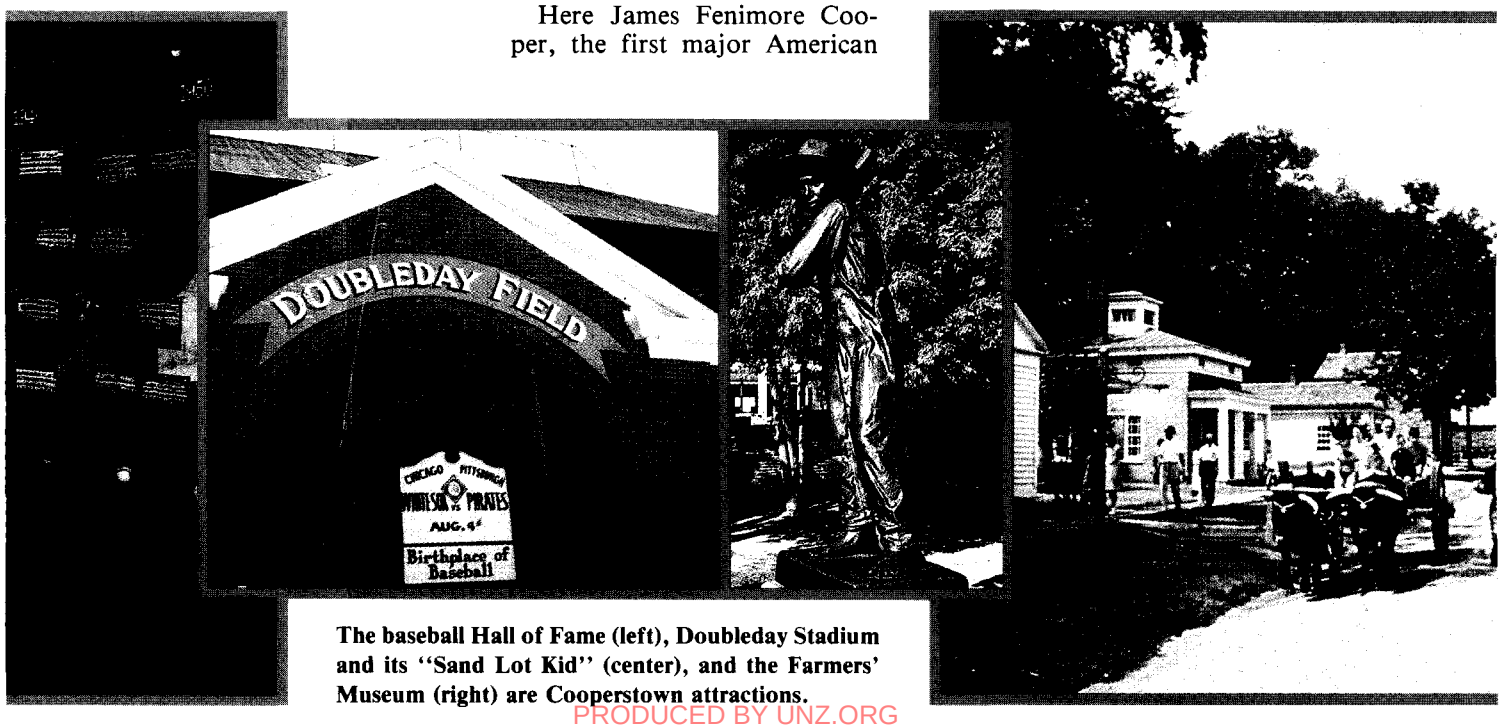

The baseball Hall of Fame (left), Doubleday Stadium and its "Sand Lot Kid" (center), and the Farmers' Museum (right) are Cooperstown attractions.

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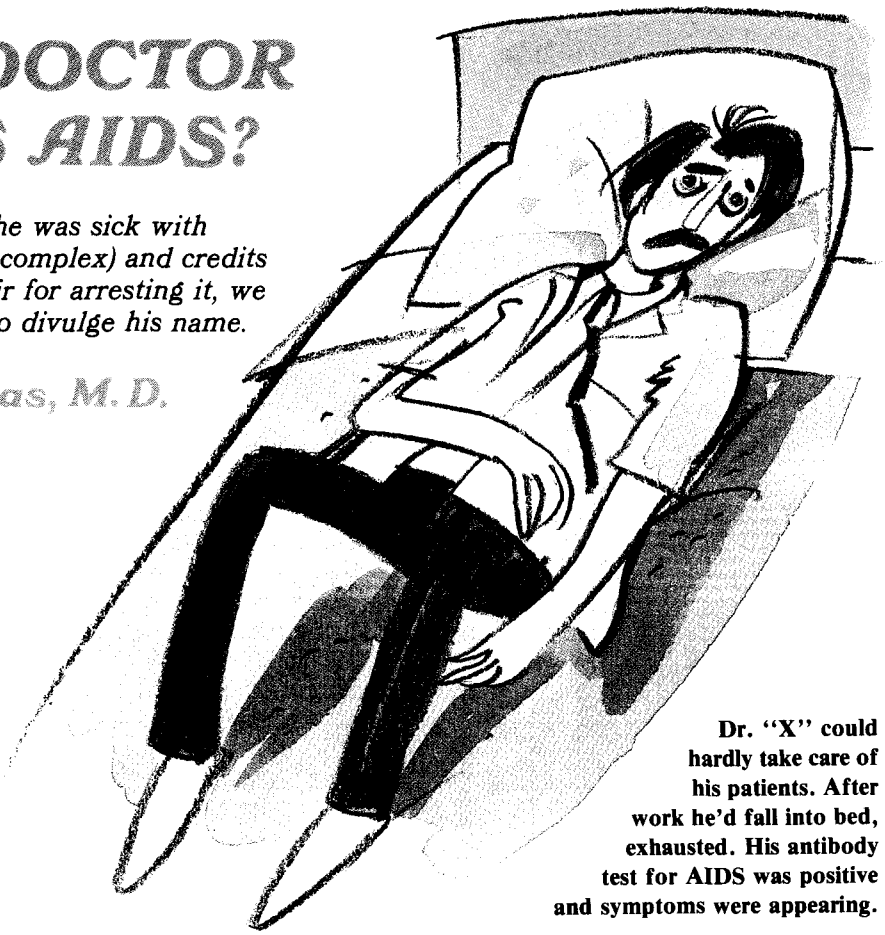
DID THIS DOCTOR CURE HIS AIDS?

When a doctor believes he was sick with AIDS or ARC (AIDS related complex) and credits lysine, Tagamet, and acyclovir for arresting it, we listened. We promised not to divulge his name.

by Cory SerVaas, M.D.



Dr. "X" could hardly take care of his patients. After work he'd fall into bed, exhausted. His antibody test for AIDS was positive and symptoms were appearing.

Truth being stranger than fiction, almost every day becomes more exciting than a soap opera in my office here at the SatEvePost Society. But for sheer excitement, this particular telephone conversation topped everything. The friendly, familiar voice of the doctor, with whom I had been tracking an AIDS related complex patient for many months—several years, really—was now telling me that *he was indeed the patient*. I was shocked, because Dr. "X" had always referred to the patient in the third person. Now *he* was *him*.

"But are you homosexual?" I asked.

"Well, bisexual," he responded. "I have children."

I knew that this compassionate-sounding doctor, whom I had never met, wanted the world to hear about the "cure" that had blessed him. His story is of such profound significance that I feel compelled to disseminate the information to our readers.

The story began several years ago when I heard via the medical grapevine that there was a doctor who had treated an AIDS related complex victim—who had been antibody positive for AIDS virus—and that this patient had fully *recovered*. He had become, in fact, a new man after taking lysine. When I tracked down the doctor, which was no easy feat, he gave me the story of how his "patient" was on very large doses of lysine. In subsequent conversations he had told me about adding acyclovir and Tagamet to the regimen.

"From a man who 'looked like death warmed over,' this man was now lifting weights," he told me. His telltale T-cell ratio had improved dramatically. His swollen lymph nodes were back to normal. His IGg had dropped from 2100 to 1800 and had been maintained there for about a year now, he said. His serum albumin rose from hypoalbuminemia to a normal level. His lymphocytes were fine. His immunity had come back. In fact, he recently had a hyperimmune reaction to monilia (a yeast infection), the doctor said.

Dr. "X" told me it had all started in 1981 with swollen lymph glands. Then in December of '83 he had a mononucleosis—type of episode, with a blistering rash and a sudden increase in swollen lymph glands. In November of '84 he had a positive HTLV III (AIDS virus) antibody test, and that's when he started the lysine.

"How much had he been taking?" I asked. (This was, of course, when the 'patient' was still in the third person.)

"Oh, we've had him up to 15 grams when some of these things flared up."

"Did you keep him off arginine?" I asked.

"We did tell him to avoid peanuts and chocolate and Jell-O," the doctor replied. "But you know, being single and getting a lot of prepared food, I'm sure he got things that were high in arginine. I think this may be one of the problems we have all along in proving the effectiveness of lysine. There's probably arginine in many things that people eat and don't even know about. But we're pretty sure that his herpes infections were improved on the lysine."

"Do herpes and AIDS go together pretty much?"

"Oh, very definitely. Herpes is a forerunner of it. I've got a boy with hemophilia who is also lymphopenic (too few white blood cells called lymphocytes) and leukopenic (too few white blood cells called leukocytes) and he presented with herpes zoster. Now he's at "X" hospital, and he's never had an HTLV III run, but I'm pretty sure he's immunocompromised and has AIDS. He is at the age that he probably did get the contaminated factor VIII through an I.V. transfusion. They've never checked him there. They don't see any need to do that.

"They think it'll create hysteria. Until they see definite symptoms,

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they don't see any need to do that."

"But is he sexually active?" I asked.

"Oh, no," he assured me, "he's only 12 years old."

"But once he's sexually active," I suggested, "it would be very important for a patient to know he's contagious. He could be a carrier."

"Carriers can be two things," the doctor said. "They can have the virus and not be AIDS positive, and they can be both. And some people with HTLV III positive titers go through periods of shedding the virus and not shedding the virus, just like herpes. They probably just go into quieter stages."

"Do you see a close relationship between the herpes virus and the AIDS virus?" I asked.

"I definitely think they are very closely related. There is no question about that. I have here an article, 'Defective Regulation of the Epstein-Barr (herpes) Virus Infection in Patients with Acquired Immune Deficiency Syndrome.' (The EB virus belongs to the herpes family of viruses and is also the cause of infectious mononucleosis. It is also believed to cause Burkitt's lymphoma.) Non-Hodgkins lymphomas in homosexual men may be related to errors in regulation of the Epstein-Barr (EB) virus because of defective T-cells. The EB virus and all the herpes viruses are immunosuppressors themselves. They may all go together like twiddle dee dee and twiddle dee dum. There was a report released from Los Angeles that in a lot of gays, one of the initial presentations was herpes encephalitis. When you get a young 25-, 26-, or 27-year-old man who presents with some signs of encephalitis and, if you think it is herpes encephalitis, you definitely have to assume he has AIDS until proven otherwise.

"Oh, yes," he continued, "there is a very close relationship. In fact, prophylaxis against the herpes virus may be reducing one of the factors that causes the progression with the person who is infected with HTLV III on to AIDS."

"How did you happen to have this patient?"

"Well, you see, in 1970 I was in cancer research, and I had one of the highest number of pneumocystis pneumonia patients in the world. I was one of the few people in this area who had much experience with pneumocystis when this stuff (AIDS) started breaking out, and basically I just slipped into it because I had been asked by an internist to consult on a patient. When I was asked to present ideas on treatment, I said, 'Well, there are only a few things that we've got. We've got lysine.' I have read about lysine, and I also know that topical zinc has helped. I know that zinc is an immune stimulator. I know that there has been some suggestion about the increase in immunity with Tagamet. Of course, at that time acyclovir was still experimental. Everything seemed to fall in place at just about the time we got ready to treat this guy—acyclovir came on the market in oral form. Just about then the detail man walked in with a couple boxes of acyclovir. All sort of coincidental."

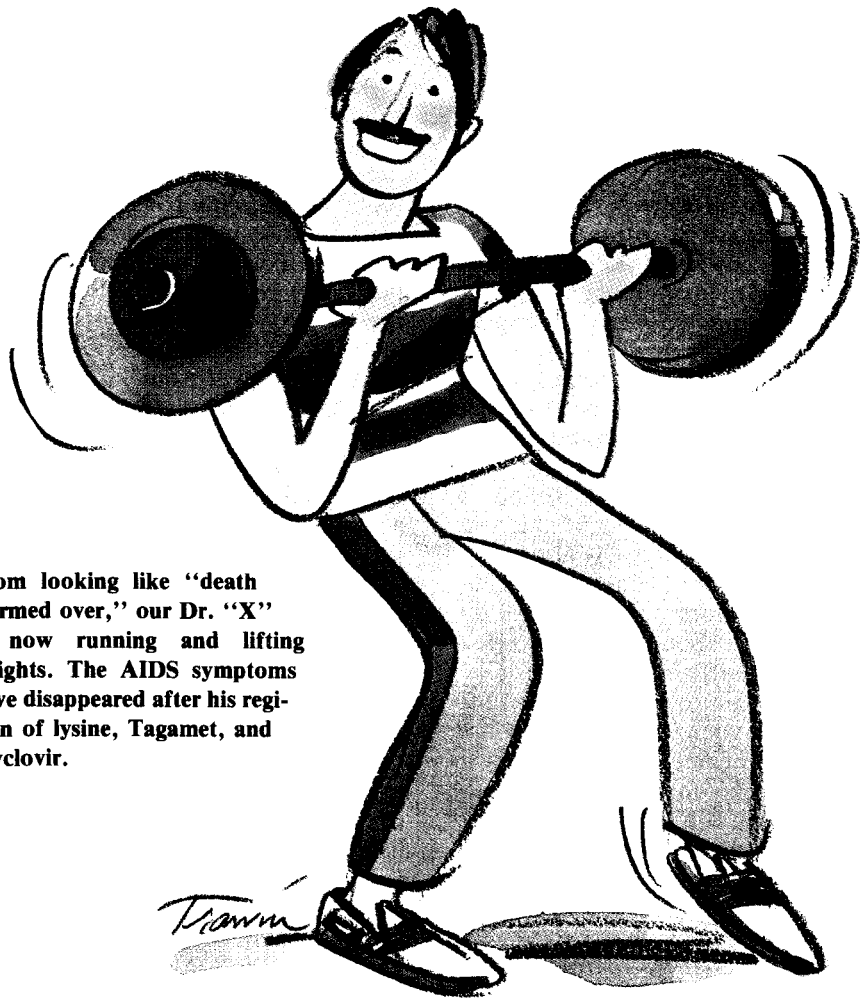
• • •

Might supplemental lysine and a low-arginine diet help prevent AIDS-antibody-positive individuals from converting to full-blown AIDS? When an AIDS-positive individual starts to show signs of AIDS related complex, might the regimen tried by our Dr. "X" prevent progression or reverse those symptoms?

We promised to maintain the Dr. "X" anonymity, but we could relay to any callers the regimen that he used. He is convinced that it worked for him. For further information call 317-636-8881, Extension 259.

Physicians or persons who are HTLV III (AIDS virus) antibody-positive who might like to receive our previous *Saturday Evening Post* articles about the herpes virus and lysine are invited to write to the Saturday Evening Post Society, Dept. A, 1100 Waterway Blvd., Indianapolis, IN 46202.

An interesting piece in the AIDS/herpes puzzle is that a herpes zoster infection (shingles) in a seemingly healthy homosexual man under age 50 may be on occasion a harbinger of AIDS. This statement came from Dr. Alvin Friedman-Kien of the New York University Medical Center at the annual meeting of the Society for



From looking like "death warmed over," our Dr. "X" is now running and lifting weights. The AIDS symptoms have disappeared after his regimen of lysine, Tagamet, and acyclovir.

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Investigative Dermatology.

He reported that of 48 patients with localized herpes zoster infections and no known immunodeficiencies or signs of AIDS or AIDS related complex, 35 had antibodies to HTLV III and 41 had risk factors for AIDS.

Herpes zoster infections as an early clinical sign of impending AIDS were studied after it was discovered that the rate of herpes zoster infection was seven times higher in pre-AIDS patients than in that of control subjects of the same age.

An AIDS-antibody-positive person with risk factors for AIDS might be willing to try the lysine therapy which has, for Dr. Richard Griffith, helped in treatment of early herpes zoster.

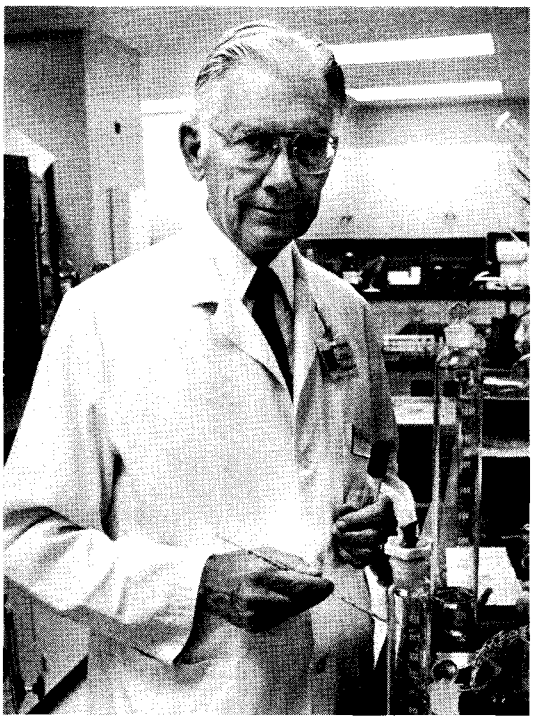
If the *Post* weren't edited in Indianapolis we probably would never have come upon the lysine story. It is a story as fascinating, we believe, as the story of vitamin C and scurvy, and it has as much worldwide significance. The story involves the kids who die with immune deficiencies from kwashiorkor in Ethiopia. It also involves poverty's children who *don't* die in Central and South America because of high-lysine corn.

It is as global as the saga of vitamin C saving the lives of the "limeys" who ate citrus fruit while at sea and the North American Indians who survived with vitamin C from evergreen trees.

Lysine has been an interest to our researchers at the *Post* because men in our state with the highest credentials use it successfully.

Dr. Richard Griffith found it works about 90 percent of the time for his herpes patients. He also uses it for herpes zoster (shingles) patients. "Even antibiotics don't work all the time—they're about 85 percent effective," Dr. Griffith says.

But to begin the story, we have to start with a young Californian, Chris Kagan, who came to Indianapolis to seek research funding from Eli Lilly and Company, because he had studied lysine and its activity in preventing the growth of the herpes virus. Dr. Kagan, a radiologist, had an opportunity to put his theory to test one day when a hapless herpes patient came in with fever blisters (herpes simplex I) that had spread around his entire mouth. The seeping, bloody crevices were so painful that the poor man could hardly swallow the barium solution he had been asked to take. With compassion, Dr. Kagan asked him to take lysine for a week and report back. When he returned, his mouth was entirely healed.



Professor Richard Griffith's work at Indiana University has shown lysine to be effective about 90 percent of the time in treating his herpes patients.

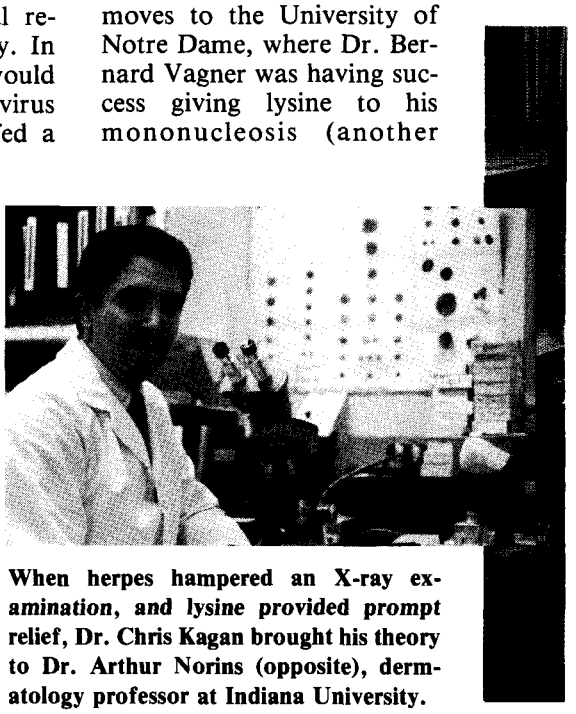
After several more successful experiments with lysine for herpes of the mouth, Dr. Kagan was encouraged to persuade some clinical researchers to work on his theory. In the petri dish, the herpes virus would not grow. However, the herpes virus would multiply rapidly when fed a sister amino acid that has almost a mirror image configuration to L-lysine. The amino acid that the herpes virus happens to thrive on is called arginine. If lysine, being so similar, could keep the virus from finding enough arginine to survive, why then couldn't more lysine and less arginine stop the herpes virus in the human body—right in its tracks?

Dr. Richard Griffith, now professor of medicine at the Indiana University School of Medicine, was then a researcher at Eli Lilly's. He liked the large volume of research work that Chris Kagan had brought him concerning the behavior of herpes virus in the laboratory. He brought not just one paper by Dr. Robert Tankersley, a first, but about 40 other scientific papers that had replicated and verified the original work.

Dr. Griffith, who worked on the Lilly Research Unit at what is now Wishard Hospital, of Indiana University School of Medicine, and Dr. Kagan persuaded Dr. Arthur Norins, professor of dermatology, to try lysine on his herpes patients. It worked.

Dr. Griffith taught his residents in the dermatology department to use it in their practices. Dr. Fred Hibbeln, an Indianapolis dermatologist, is having success using it. One of his patients was a microbiologist at Eli Lilly and Company. She wanted to prove to him that lysine would work. She knew she could induce a case of fever blisters if she ate chocolate-covered peanuts. But this time she took lysine first, and when she challenged herself with the chocolate-coated peanuts, no fever blisters appeared. When she tried it without lysine, the blisters returned. Dr. Hibbeln prescribes 1000 mg of lysine three times a day for his herpes patients. He now also includes acyclovir with the supplemental lysine.

From there the story moves to the University of Notre Dame, where Dr. Bernard Vagner was having success giving lysine to his mononucleosis (another



When herpes hampered an X-ray examination, and lysine provided prompt relief, Dr. Chris Kagan brought his theory to Dr. Arthur Norins (opposite), dermatology professor at Indiana University.

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herpes family illness) patients. To his delight, he was able to keep them in classes. "It is so very important to keep these young people in their classes when they are competing for professional schools in a very competitive institution like Notre Dame," he said. Even to keep them from having to go to bed between classes was a major change from the usual treatment for mononucleosis.

Now our story jumps to Purdue University, where Dr. Edwin Mertz was persevering with his high-lysine corn and had managed to get Central and South American farmers using it to prevent kwashiorkor in children. For them, high-lysine corn meant the difference between life and death. He had a slight commercial problem at first—the corn didn't weigh quite as much as regular hybrid corn. However, as one farmer pointed out, "The corn may not weigh as much per bushel, but my children weigh more." Our regular readers know that Dr. Norman Borlaug, who won the Nobel Prize for bringing India out of starvation with his short-stemmed wheat, is now with the Rockefeller Foundation and evangelizing to get South American farmers to grow Dr. Mertz' high-lysine corn.

Dr. Edwin Mertz discovered the genetic mutation that made high-lysine corn possible. Then he helped make it a commercially viable product.

Dr. Mertz hadn't known about Indiana University's work with lysine and herpes. The Society remedied this breakdown in communications and held a lysine symposium in conjunction with Indiana University. Many disciples of Dr. Mertz, the Indiana contingent, and many others from around the country came to report their findings.

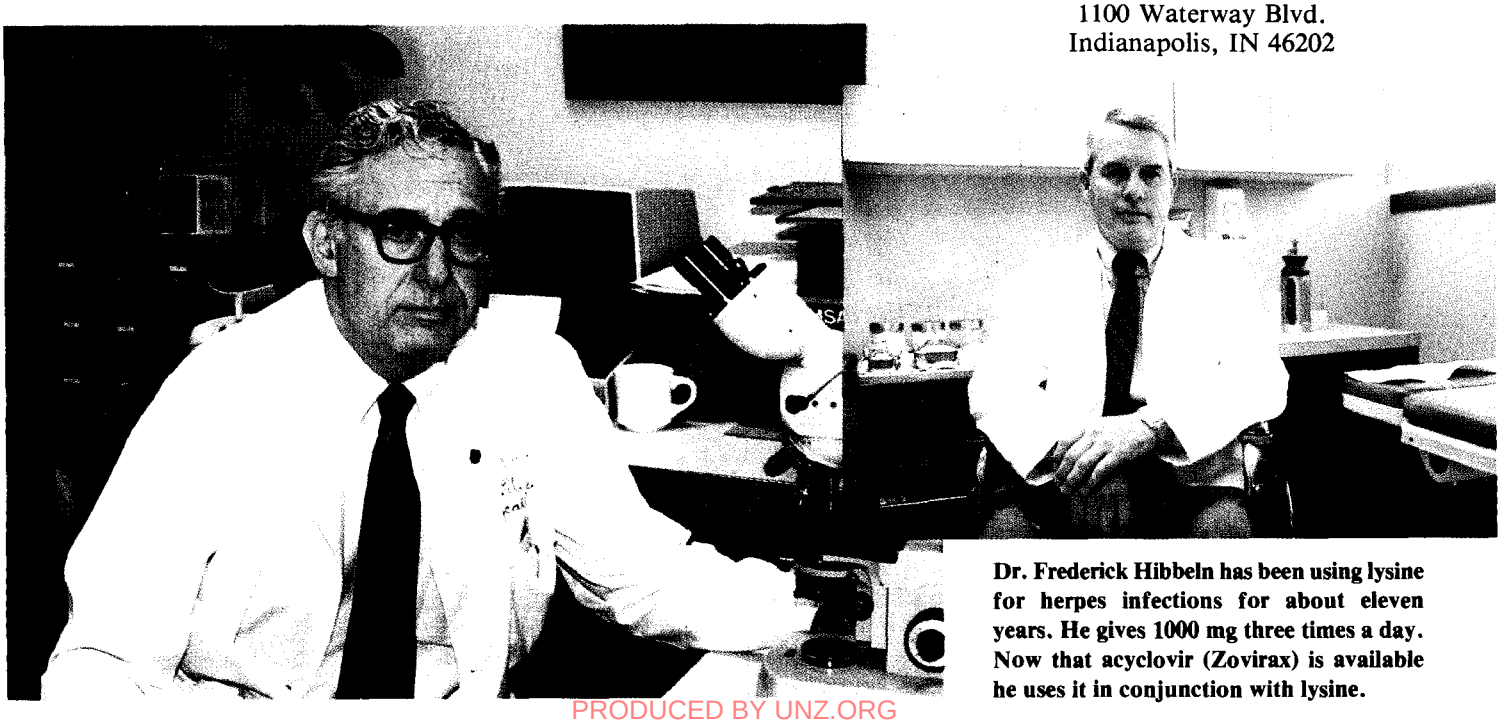
Dr. Rosemary Newman and her husband, Dr. Walter Newman, at Montana State University, have developed high-lysine, hulless barley; other grains; and even a bacteria to manufacture lysine in yeast for making high-lysine *baladi* bread for Egyptians.

We wanted to know: How could we help the kwashiorkor children in Ethiopia by bringing high-lysine corn there? They do not die from kwashiorkor, but they die from measles, mumps, or whatever comes along, because they have no immune mechanism left. In the same way, AIDS patients die from anything that comes along, because their immune mechanisms are destroyed. The kwashiorkor kids also die from a cancer similar to the Kaposi's sarcoma, if they don't die from measles first. Many die from pneumonia, and others from cholera, because like AIDS victims, they have no way to fight it.

At home, the most intriguing and haunting question remains for us to research: Would changing an AIDS-antibody-positive patient to a lysine-supplemented, low-arginine diet have an effect on the AIDS virus?

We hope doctors and patients who would like to read our previous articles on lysine as an anti-viral substance will write for copies. Please address:

Lysine Request
SatEvePost Society
1100 Waterway Blvd.
Indianapolis, IN 46202



Dr. Frederick Hibbeln has been using lysine for herpes infections for about eleven years. He gives 1000 mg three times a day. Now that acyclovir (Zovirax) is available he uses it in conjunction with lysine.

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WILY WOMAN

He was happy as a king. . .no job, no worries, no wife. A girl can't let a situation like that go on.

by Samuel W. Taylor

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MY ORDER WAS FOR AN UNABRIDGED DICTIONARY. I HAVE JUST RECEIVED 1,000 BABY CHICKS. PLEASE ADVISE.
HORACE L. BECK,
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DEAR CUSTOMER: We are in receipt of your letter concerning unsatisfactory merchandise. Our motto is "Complete satisfaction or your money cheerfully refunded!" It is necessary that you return all papers concerning this order to enable us to adjust the matter to your complete satisfaction.
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LOS ANGELES, CALIF.

April 5

DEAR SIRS: I sent you a wire almost two weeks ago. Today I received a mimeographed postcard asking for return of all papers. The papers are being returned air mail special delivery, and meanwhile do you realize the fix I am in? What I ordered was a dictionary. That's all I wanted and that's

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"This is another of your underhanded tricks to put me to work. You've tried it before."

all I intend to have.

Yours in haste,
HORACE L. BECK,
RED BLUFF, CALIF.

MAMMOTH MAIL ORDER COMPANY
LOS ANGELES, CALIF.

DEAR CUSTOMER: We are sorry about the unfortunate mistake concerning your order. While we make every effort to promptly and accurately fill orders within 24 hours of their receipt, an occasional error creeps in.

We are sending you the correct item ordered. Please return merchandise received by mistake, with an attached letter of explanation. Our motto is "Complete satisfaction or your money cheerfully refunded!"

Yours sincerely,
ADJUSTMENT DEPT.
(Form X218F—25M)

MAMMOTH MAIL ORDER CO.,
LOS ANGELES, CALIF.

April 18

DEAR SIRS: Just what do you suppose this is all about? The thing I wanted to do is return the merchandise sent me by mistake. I don't believe, frankly, that you have thought this thing through.

Also, your mimeographed Form X218F—25M contains a split infinitive.

Here is the problem: To keep your merchandise from dying or otherwise depreciating, I was forced to purchase two brooders—500 capacity each—at $47.89 apiece. I might have saved a little there with a cheap model, but I knew you would want your merchandise to have the best of care. Wages for myself and helper, at a nominal charge of $1 an hour, comes to exactly $1,000, figured at a conservative 20 hours a day for 25 days. Feed for your merchandise has cost $32.26. Drinking founts were $6.87. Feeders were $8.23. Needless to say, the chicks no longer will fit into the original shipping cartons, and anyhow, these were used in the construction of a temporary coop for the emergency. A roll of plastic-coated mesh for this coop cost $4.19. The lowest bid for constructing new crates—I am all fingers and thumbs—to return your merchandise is $95.50.

As you see, I am not charging you a dime for anything but time and materials. I will gladly return your merchandise on receipt of what it actually has cost me, $1,242.83. This includes sales tax, though in figuring labor I have not taken into account Social Security, State Unemployment Compensation, Income Tax Withholding, possible union dues in case myself and helper are organized, and whatever else is involved these days. You would know more about that than I do. Please advise immediately.

Yours in haste,
HORACE L. BECK,
RED BLUFF, CALIF.

P.S.: I received the dictionary. I am sure it is just what I wanted, though I haven't had time to unwrap it.

H.L.B.

MAMMOTH MAIL ORDER COMPANY
LOS ANGELES, CALIF.

DEAR CUSTOMER: We are in receipt of your letter concerning unsatisfactory merchandise. Our motto is "Complete satisfaction or your money cheerfully refunded!"

It is necessary that you return all papers concerning this order to enable us to adjust the matter to your complete satisfaction.

MAMMOTH MAIL ORDER CO.,
LOS ANGELES, CALIF.
(Form GL16A—20M)

MAMMOTH MAIL ORDER CO.,
LOS ANGELES, CALIF.

May 2

DEAR SIRS: Were you in the Army? It does not seem possible that so complete a snafu could be accomplished without special training.

Let me start from the beginning. I will use simple words. Somehow, I have not made myself clear. Maybe that is why my stories always come back. But I am going to try my best, tired as I am and late as the hour may be.

Now. On March 7 I ordered a dictionary, No. 339B188GL, Unabridged, India Paper Edition, $32.50, postpaid. On the afternoon of March 23 I was in deep thought when a voice called, "William! William Shakespeare!" I ignored it. "Shakespeare!" the voice called. "Mail!"

I arose from the cot and went out. The person who had called me was, if you wish to confirm the following incident for your records, Miss Adeline Yost, Red Bluff, Calif. In case you contact this person, however, may I suggest the use of extreme care? Do not be misled by a pretty face and a charming manner, or make my mistake in assuming the corn-fed type will leave you alone if you leave it alone. What I mean, sirs, the pink cheeks and open manner may be but a mask for a power-mad personality. If you should drop this person a polite little mimeograph, do not be surprised if said person attempts to assume management of the Mammoth Mail Order Co. I am advising you from personal experience. I came out into the hills for privacy and seclusion necessary to my literary career. And the mere act of thumbing a ride to town one day led to——Well, sirs, the following will illustrate the extent to which this person was trying to dictate my life:

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She had arrived in her father's pickup. "Look at your eyes," she said as I emerged from the cabin. "All puffy. You've been sleeping again."

"I was," I corrected, "thinking."

"Maybe this time you do need rest. Oh, Horace. I'm so glad. I never did believe you were just a lazy bum, not worth the powder and lead to blow yourself to hell. I always did say you were worth the powder and lead."

"Was there mail," I asked cautiously, "or did you just want to annoy me again?" This person was in good spirits, which was a bad sign. Ordinarily, she merely nagged me to get a job and called me a worthless, good-for-nothing dope. But when she became nice—well, frankly, this person was not above using all the sly artifice of a woman's wiles to get her way, and upon two occasions she had lured me into predicaments from which I had extricated myself only with the greatest embarrassment. Indeed, upon the second occasion it was only with the utmost ingenuity that I escaped going to work.

"Bounced right back," she said, handing me a large Manila envelope. "I'm glad you're through kidding yourself, Horace. You can't write for sour apples."

"Editors never read unsolicited manuscripts," I told her.

"I opened it," she said. "It stinks."

"That's a federal offense."

"Practically use of the mails in an attempt to defraud. What corn! And I never in my life heard people talk like that."

"You have never lived in high society."

"Have you?"

I did not wish to quarrel with this person, for, after all, she served a purpose in bringing groceries and the mail, saving me the six-mile hike to town. "Did the dictionary come?"

"What use will you have for a dictionary?" She began unloading cartons from the pickup. From these cartons came the sound of cheeping.

"What are you doing?"

"Your baby chicks came."

"Huh?"

"The thousand baby chicks. Where's your coop?"

"Wait a minute. I don't want any baby chicks."

"I'll help you get them started. One thing about you, Horace, when you decide on a thing, you do it in a big way. Where's the coop?"

"Look. I haven't got any coop. I don't want any chicks."

She put fists on hips. "Horace L. Beck, do you mean to tell me you haven't got things fixed ready? In there asleep on your lazy back, and 1,000 baby chicks coming!" She sighed. "Maybe dad's right. Maybe you're not worth the powder and lead. Maybe Crummy Jacobs has got you taped."

"I'm quite aware that you called and said you'd be late, but that was two years ago!"

I did not wish to go into the subject of Crummy Jacobs, who had been in my outfit overseas and had spread the story that I had decided to be a writer because there was a mere Pfc in the company who was a writer, and since I had risen through merit to T/4, I thought I would be a better one. Crummy also claimed that I got my Purple Heart from tripping over a bucket while running to a shelter during an air raid. Anyone interested may refer to the official records, which show that my war injury, a broken ankle, was sustained in enemy action. The injury makes it impossible to pursue my former profession of night-club hoofer, and I receive a small pension, which allows me to devote full time to literary composition.

I examined the labels on the cartons. The chicks unquestionably were addressed to me, and had been shipped by your company.

"There has been a snafu," I said, and began putting the cartons onto the truck. "You can send them right back."

"Well, I never," the person said, and began putting the crates onto the ground again. "I'm ashamed of you. A decent impulse for once in your lazy life, and now you're trying to back out."

"I tell you it's a mistake! I didn't order any biddies."

"You mean, really?"

"I mean really. I ordered a dictionary. What would I do with baby chicks?"

The person began to laugh. "This is the funniest thing I ever heard in my life! A thousand baby chicks by mistake!"

I laughed. "Crazy, isn't it? Well, we'll send them back."

"Oh, but you can't."

"Why can't I?"

"Chicks don't need feed for a couple of days, but after that they've got to have constant care. You wouldn't want these poor little innocent things to die. Oh, Horace," she said, peeking through the holes of a carton, "aren't they the cutest little darlings?"

"I haven't got a place to put them. And I don't know the first thing about biddies."

"Oh, I forgot." She got a booklet from the car. "With every order they send free instructions."

"I wonder who got my dictionary?"

"Horace, this may be the making of you. I have a theory about mail-order houses."

"So have I," I said bitterly.

"Historians have ignored an important factor in the development of American independence, initiative, and inventive genius. What might this country have become without mail order? A farmer selects a mowing machine from the catalogue. A couple of weeks later some gunnysacks full of odd parts are tossed off at his mailbox. With nothing but a rusty monkey wrench and a hammer he assembles them. Perhaps by mistake he has received a thresher, a concrete mixer, a tractor, or a windmill. Nothing daunted, he converts it into a mowing machine with a little baling wire and scrap iron, and has enough parts

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left over for a wheelbarrow. That's something you could do as a writer, Horace—tell the real story of what made America great. Though I guess you won't have time from now on."

"Couldn't your dad use these chicks?"

"Oh, dad's got his this year. Everybody has. You're late. But better late than never." She got in and drove away, leaving me with 1,000 cheeping biddies.

Well, sirs, I did my best to protect your merchandise. I sat down to read the book of instructions. Presently I was wondering why my stories bounced back when such writing as that got into print. For example, the book said: "Chicks should be fed four times daily." At what times, it did not say. How was I to know if they took a second breakfast, afternoon tea, or a midnight snack for that extra meal? "It is very important not to allow young chicks to overeat." How, may I ask you, do you know when a chick has had a square meal, but shouldn't make a pig of itself? I can imagine nothing more futile than asking a chick when it's had enough. "Feed the chicks scratch grain and mash." Which seems plain enough—smash up the grain—until the next line: "The mash is fed alternately between the scratch grain the first week or two, and then placed in self-feeding hoppers." What writing! Mash apparently was something similar to what corn whiskey is made out of. But was scratch grain a food or a utensil similar to a self-feeding hopper? Or was a self-feeding hopper a type of insect similar to a grasshopper which ate the mash and then leaped into the mouths of the chicks? And where did the book get that "first week or two" stuff? At that age, you're dealing with half a chick's lifetime. "Milk should be supplied if possible. The particular form of the milk does not matter." How many forms has milk got? It is whatever shape the utensil is that you pour it into. Certainly the book could not mean it didn't matter whether you fed chicks fresh milk or powdered. I was overseas, and I know that does matter. If that book was hinting that I might inflict powdered milk on helpless baby chicks, I was through with it. Anyhow, it was full of generalities and obscure technical terms. Ironically, its title was Chicken Raising for Beginners.

I walked over the hill to the Yost farm for a little practical information. Mr. Yost, incidentally, is the father of the person I have previously introduced. I found the family at dinner—the parents, the daughter, and the brat.

"Just in time, Horace," the daughter greeted.

"As usual," the brat said.

Instead of beaming at the brat, Mr. Yost told him to shut up and beamed at me. "Ah, Horace, for myself I am glad you have what you call it 'come out of it.' A thousand baby chicks. Yes, my boy, it is a job you now have for sure got!"

"It was a mistake," I said. "I ordered a dictionary."

"That I like, the spirit. Very funny. Brooders in shape?"

"Pardon me?"

"Your brooders. They are O.K. working?"

I might mention, sirs, that Mr. Yost's English was slightly broken, though I will not attempt to put it in dialect, not wishing to confuse you further.

"The last I heard," I said, "my brothers were working."

"Fine, my boy, fine! But watch them. Do not them smother let."

"I think, Horace," the daughter said, "you need some help."

"I think you are right," I said. "But I want it on a business basis. The mail-order company will pay for protection of its merchandise."

During the meal Mr. Yost kept talking about raising chickens. I kept telling him it was all a mistake. To no avail. He was convinced I had turned over a new leaf.

Later, when my helper and I were going over the hill, I said, "I didn't realize your father had such difficulty understanding the language."

"Dad's proud of you. He likes your attitude—that it was all a mistake. Admirable modesty. He hates people who blow their own horns, like you used to about being a writer."

"I don't care what he thinks. It was a mistake."

"Or are you turning over a new leaf?"

Which illustrates the attitude of everybody during the next few weeks. People suddenly became friendly, much to my annoyance. I wanted nothing to do with the local yokels. All I wanted was privacy and seclusion to pursue my literary career.

I hope it will not be necessary to detail the steps necessary to protect your merchandise. That, like childbirth and the day of induction into the Army, is best forgotten. Suffice that with no equipment, we housed the chicks the first night in my cabin. My helper left at midnight, and I got no sleep at all. The next day while my helper was making the coop, I drove the pickup in for a list of things and sent you a wire concerning the crisis.

You can imagine my consternation when, two weeks later, I received a mimeographed postcard asking me to return all papers, so you could adjust the matter. I did that. You then sent the dictionary and told me to return the other merchandise. I wrote concerning the practical problems, and today I received a duplicate of the first postcard.

My point, sirs, is that you have the papers. And I still have the chicks. I trust this explains everything, and

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please advise immediately.

Yours sincerely,
HORACE L. BECK,
RED BLUFF, CALIF.

P.S.: The following expense has been assumed in care and protection of your merchandise:

Labor, self and helper $1,680.00
Supplies and materials 275.78
Estimate for crating mdse.
at present size 137.50
$2,093.28
H.L.B.

MAMMOTH MAIL ORDER COMPANY
LOS ANGELES, CALIF.

DEAR CUSTOMER: Our catalogue is prepared six months in advance of issue. We do our best to estimate future needs. Sometimes we make mistakes. Sometimes, because of business failures, unforeseen shortages, labor troubles, price changes, and government regulations, our suppliers find it impossible to meet their commitments. But we want you to know that we do our very best under the circumstances to live up to our policy of "Complete satisfaction or your money cheerfully refunded!"

If we are temporarily out of an item, we try to furnish a similar article of equal or superior value rather than disappoint a customer or keep him waiting. We were trying to please you in substituting a different item from that which you ordered.

Inasmuch as the merchandise that we sent is of a nature to make its return *inconvenient* because of *difficulties of crating and shipping* we are prepared to make you an extremely attractive proposition. The catalogue price of this item is *$173.50.* We are willing that you should keep the merchandise at just *one-half* this price! Could anything be fairer than that? We trust this will be completely satisfactory to you, and

( ) We are refunding the difference of _____.

(X) You owe us *$86.75.*

Yours sincerely,
ADJUSTMENT DEPT.

(Form MR2L83—50M)

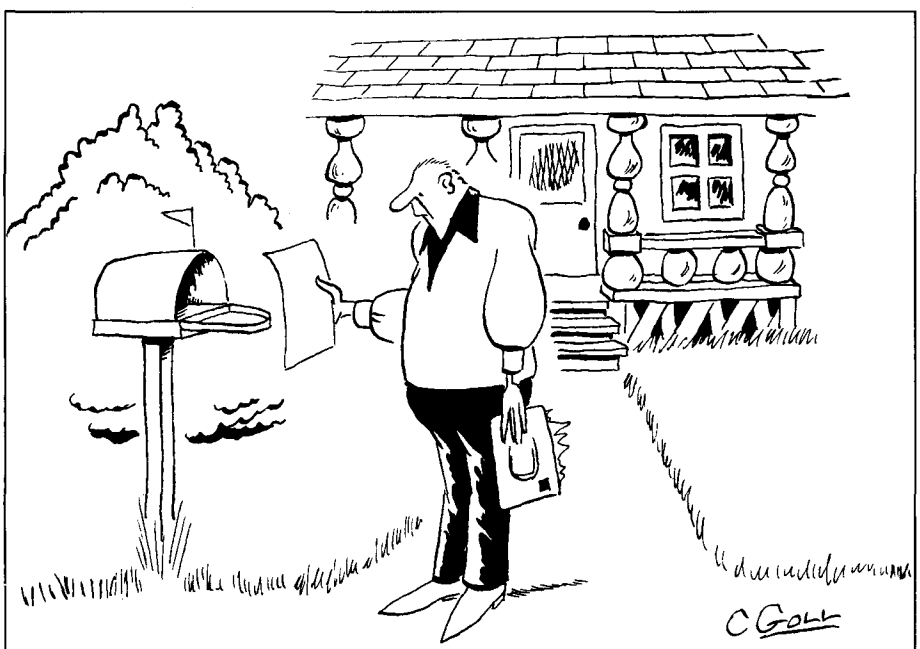
MAMMOTH MAIL ORDER CO.
LOS ANGELES, CALIF.

May 19

DEAR SIRS: While I appreciate the spirit behind your kind mimeograph of recent date, I frankly do not see that the merchandise you sent was an adequate substitute for an Unabridged Dictionary, India Paper Edition, No. 339B188GL, $32.50, postpaid. That's what I ordered and that's all I wanted.

I hope this makes my position clear.

Yours,
HORACE L. BECK,
RED BLUFF, CALIF.



"You may already owe $1 million in our new Clearing House Sweepstakes!"

MAMMOTH MAIL ORDER COMPANY
LOS ANGELES, CALIF.

DEAR CUSTOMER: We are sorry about the unfortunate mistake concerning your order. While we make every effort to promptly and accurately fill orders within 24 hours of their receipt, an occasional error creeps in.

We are sending you the correct item ordered. Please return merchandise received by mistake, with an attached letter of explanation. Our motto is "Complete satisfaction or your money cheerfully refunded!"

Yours sincerely,
ADJUSTMENT DEPT.

(Form X218F—25M)

MAMMOTH MAIL ORDER CO.,
LOS ANGELES, CALIF.

June 3

DEAR SIRS: Now I have two dictionaries. Please let me make myself clear. I do not want any more dictionaries. I want fewer baby chicks. If you cannot understand this, at least be man enough to come out from behind that mimeograph and tell me what bothers you.

Yours,
HORACE L. BECK,
RED BLUFF, CALIF.

RBAF17 6-RED BLUFF, CALIF., 7 417P
MAMMOTH MAIL ORDER CO.,
LOS ANGELES, CALIF.
CHICKS OUTGROWING COOP. SHOULD I ENLARGE?
HORACE L. BECK,
RED BLUFF, CALIF.

MAMMOTH MAIL ORDER CO.,
LOS ANGELES, CALIF.

June 11

DEAR SIRS: This is to advise you that while coop was in process of enlargement, a skunk got in last night and killed 11 items of your merchandise. I am doing my best, but I could use some cooperation.

Yours,
HORACE L. BECK,
RED BLUFF, CALIF.

RBAF 11 12-RED BLUFF, CALIF., 14 348P
MAMMOTH MAIL ORDER CO.,
LOS ANGELES, CALIF.
HAVE GOOD OFFER FOR MALE PORTION OF YOUR MERCHANDISE. SHOULD I ACCEPT?
HORACE L. BECK,
RED BLUFF, CALIF.

DEAR CUSTOMER: We are in receipt of your letter concerning un-

continued on page 94

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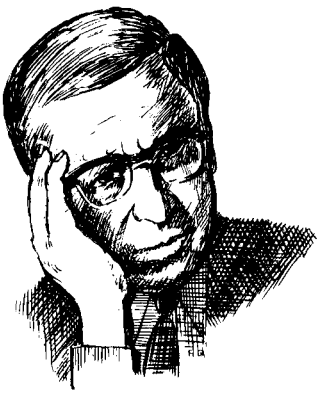
ARE YOUR BELIEFS OBSOLETE?

Some people think so



There are some people in this country who think your ideas about patriotism and morality are "old-fashioned" and useless today.

They think you're foolish to get filled up when you hear the Star-Spangled Banner playing--or to become enraged when Americans are killed by Arab terrorists.

They also think your ideas about traditional values are "repressive" because you know that men and women should be married before they have "relations."

And, unfortunately, these people are working at every level of society to make certain their distorted ideas become law.

In their opinion, you're obsolete.

Your Moral Values Are Right On Target

We at The Freedom Council don't think your beliefs are obsolete.

We think your "old-fashioned" values and common sense are right on target. And we're here to support and defend you.

Just what is The Freedom Council?

We're a non-partisan educational organization whose goal is to restore traditional values in American life.

We believe in such "old-fashioned" values as:

- love of country
- religious liberty for all
- traditional morality

And it's our job to see that these basic values are supported and defended.

How? By producing educational materials which explain the heritage of freedom in America--by waging aggressive lawsuits against those who would restrict freedom of religion--and by motivating and training patriotic Americans to become involved in government.

One Person Can Make A Difference

Sharon Bynum of Charlotte, North Carolina knew she could help restore traditional values in her community.

Two years ago she asked the local school board to begin a sex education program that emphasized "abstinence"--not sexual promiscuity. But she was ignored. Today, however, with the help of well-trained Freedom Council members, Sharon was elected to the school board.

She's making a difference in her community by defending basic, "old-fashioned" beliefs about morality and decency.

Please Join Us

You can make a difference in your community by becoming an active member of The Freedom Council.

Take a stand in your own community by joining a nationwide team of men and women who still love their country and believe in Bible-based values.

You'll meet people who care about solving such serious social problems as: teenage pregnancies, drug abuse, drunk driving, religious persecution, and more.

So please fill out the membership application below and send in your first month's pledge.

And when we receive your application, we'll send you--absolutely free--a copy of "America: Is She Governed By The Book"--a timely look at America's rich religious heritage.

Your help is needed! Do it today!

Detach here

THE FREEDOM COUNCIL
Membership Application

☐ Yes, I want to make a difference in my community. Enclosed is my special gift of $100. Please send me full membership materials.

☐ I would like to become a regular monthly supporter of The Freedom Council. Here is my first month's pledge of $10. Please mail my membership materials as soon as possible.

☐ I can't join The Freedom Council at this time, but I do want to help with a one-time gift of $_____.

Name _____

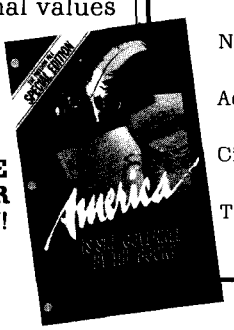
Address _____

City _____ State _____ Zip _____

Telephone ( ) _____

The Freedom Council, Virginia Beach, VA 23466-0001
(All gifts are tax deductible.)

YOURS ABSOLUTELY FREE WHEN YOU SEND IN YOUR MEMBERSHIP APPLICATION!



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A Word of Comfort for Sensitive Ears

by Janet Matthews

Two years ago I gave up on pierced earrings. Every time I wore them, my earlobes swelled and got sore. Fashion wasn't worth the pain.

Then something happened.

I responded to a mail order advertisement for a free pair of earrings made especially for sensitive ears. To my surprise, these earrings really worked: all soreness, itching, and flaking disappeared.

Still skeptical, I did a little research. Here's what I learned:

The pain I'd felt is called *contact dermatitis* — an allergic reaction responsible for the symptoms that make most earrings so uncomfortable for about half of us who wear them. I was surprised to learn that it's triggered by the common alloys and solders used in every pair of earrings I owned — even the expensive 14K gold ones!

The solution, explained to me by Roman Research spokeswoman Marjorie Stone, is a unique process using an alloy-free combination of pure, 24-karat gold and surgical stainless steel. The result is irritation-free and guaranteed hypo-allergenic.

I visited Roman Research and saw how modern medical standards were applied in making these earrings. I also saw *thousands* of letters of thanks to Ms. Stone from women all across America. Let me quote just two:

"Before Whispers came along, my ears would get seriously infected by even the most expensive earrings. I work for a doctor, and even he was amazed."

Here's another:

"I had my ears pierced about 15 years ago, and I have never been able to wear any kind of earrings, even clips, without getting a reaction .... Now I can, and I really can't believe it!"

What I had experienced is a very common problem!

Ms. Stone said that because of the fantastic response to Simply Whispers (more than 300,000 women tried them last year), the company now offers a "Lifetime Guarantee Against Discomfort" on hundreds of beautiful earrings — classic styles, seasonal colors, and children's styles, priced from just $5.98 in its new color catalog.

To prove it, Whispers gives a *free* pair of trial earrings ($9.98 retail value) with every catalog request.

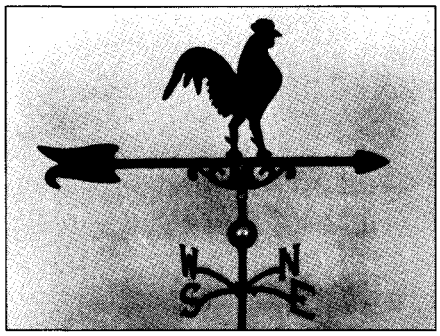
Beauty *doesn't* have to hurt. If you'd like to end earring discomfort forever, I urge you to write to Simply Whispers. I did, and now I can wear the styles my friends do *but with complete safety and comfort.*

For a color catalog and free trial earrings, send $1.00 to Simply Whispers, Roman Research Marketing, Dept. 7301, 77 Accord Park Drive, Norwell, MA 02061.

Post Sampler

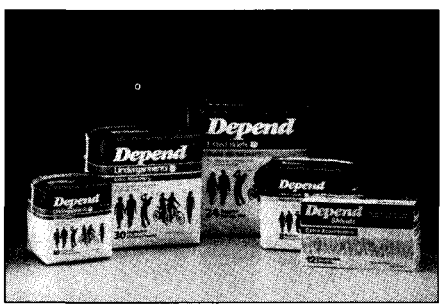
Rooster weather vane

This crowing-rooster weather vane will add the finishing touch to your



home or garage. Made of rust-free aluminum with baked vinyl coating. Arrow is 23″ long; support is 27″ high. $16.95 plus $2.45 postage. Order from Holst, Inc., Dept. SPV-1086, 1118 West Lake, Box 370, Tawas City, MI 48764.

Maximum protection

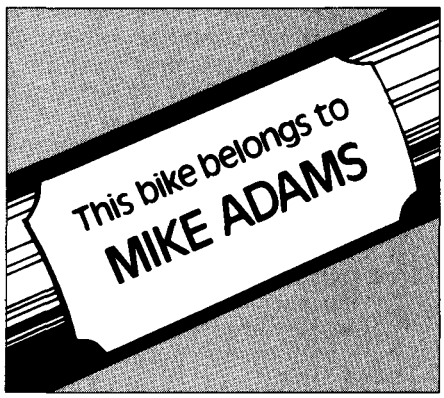


Don't let a bladder-control problem stop you from leading an active life. DEPEND Absorbent Products are America's No. 1 brand for loss of bladder control. DEPEND Shields, Undergarments, and Briefs give you maximum protection. Write Kimberly-Clark Home Health Care, DEPEND Customer Service Dept., Neenah, WI 54956.

Little House on the Prairie

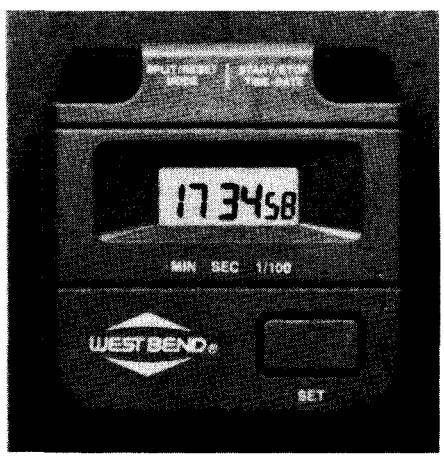
Background of Laura Ingalls Wilder's "Little House" series is told in biographies; illustrated with rare family photos. *The Story of the Ingalls, The Story of the Wilders, Laura Wilder of Mansfield, A Wilder in the West,* and *Laura's Rose: The Story of Rose Wilder Lane* are $3.50 each, ppd. Anderson Publications, Box 423, Davison, MI 48423.

Personalized bike plate



Solid brass. 2″ long, curved to adhere to handlebars or frame. Adhesive-bond back locks tight—peel off back, press into place. Makes your bicycle easy to identify at school, work, playground. Custom engraved. We ship in 48 hours. $5 ppd. Gemini Engraving, Dept. 110-H, 5695 Xenon Way, Arvada, CO 80002.

Sports stopwatch



Ideal for joggers, bikers, skiers, etc. Time auto and horse races, other events. Registers time in 1/100 second, seconds, and minutes. Features 12/24-hour clock with AM/PM and calendar. $19.95 + $2.00 s&h. Anderson Gifts & Whatnots, 4028 Pitcher St., Baton Rouge, LA 70802. La. residents add 6% sales tax.

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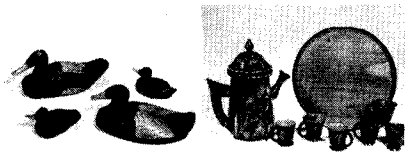

Treasures from the Caribbean

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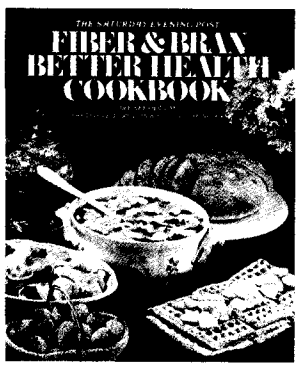

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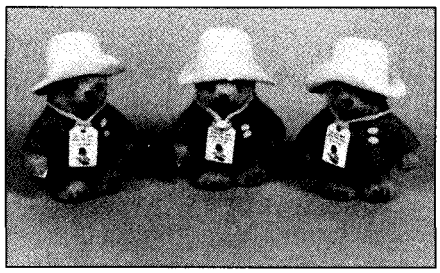

erature, found behind mailbags at London's Paddington station. Navy felt jacket and yellow hat, 3" tall. (Not recommended for children under three.) Three for $6 plus $1 postage; 48-page catalog $1. Bear-In-Mind, Dept. SPE-1, Concord, MA 01742.

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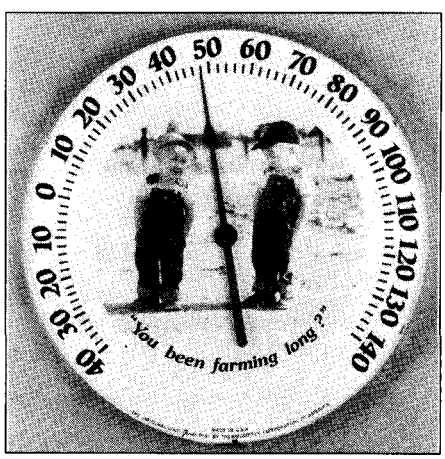

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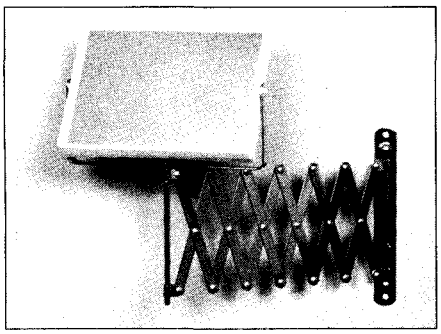

free. Two-sided mirror swivels. Extends 30″ from wall on seven extension arms. 6½″x8″ mirror. Folds flat, chrome-plated steel. $19.95 plus $2.85 pp. Holst, Inc., Dept. SPM-1086, 1118 W. Lake, Box 370, Tawas City, MI 48764.

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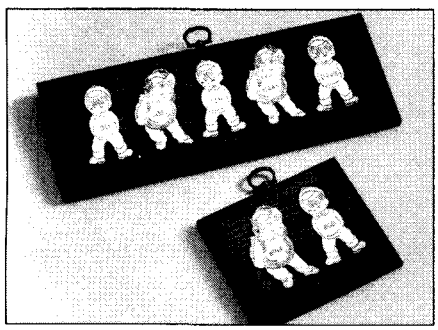

Solid wood; brass figures custom engraved with first names. Length varies with number of children. Print names, specify boy or girl for each. One child $3.98; 2/$4.98; 3/$6.98; 4/$7.98; 5/$8.98; 6/$10.98; 7/$11.98; 8/$12.98; 9/$13.98. Add $1.50 p&h. Gemini Engraving Co., Dept. 110-F, 5695 Xenon Way, Arvada, CO 80002.

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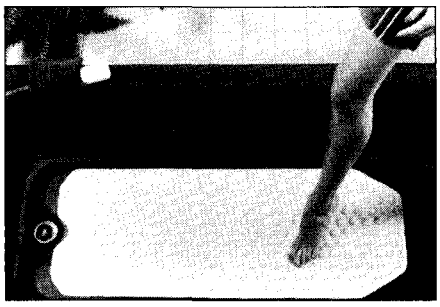

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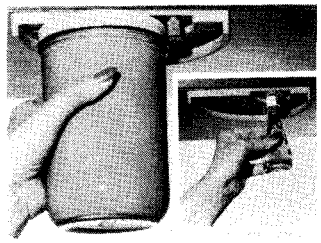

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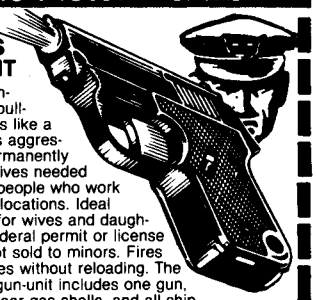

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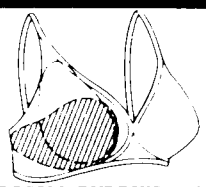

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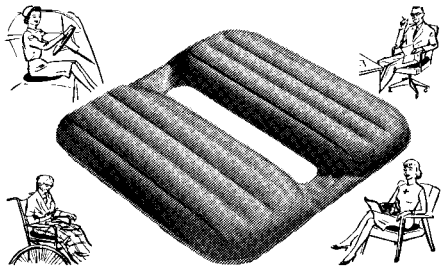

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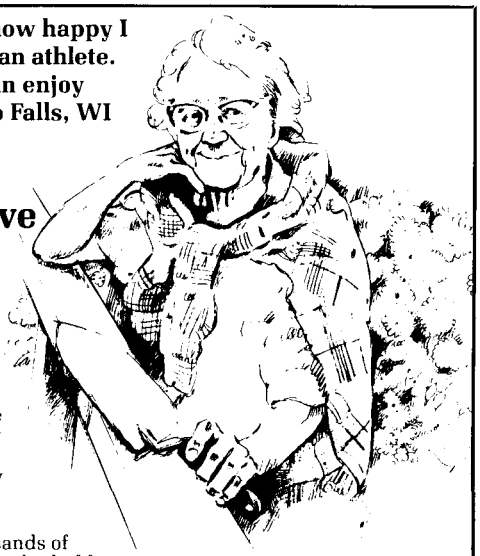

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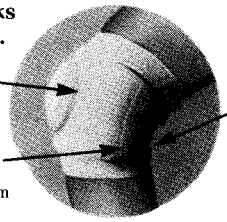
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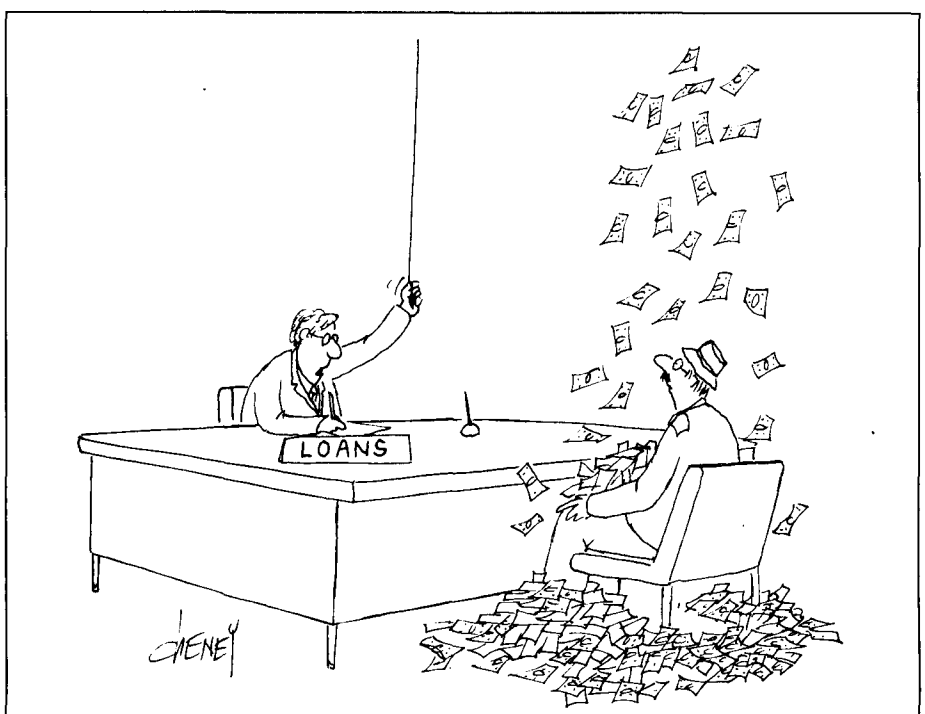

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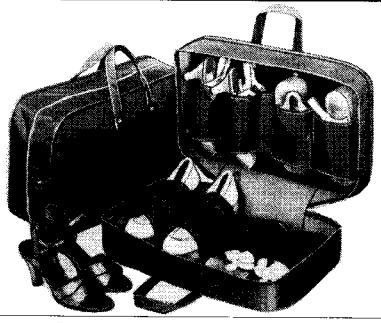

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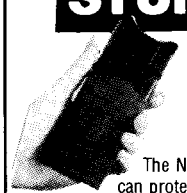

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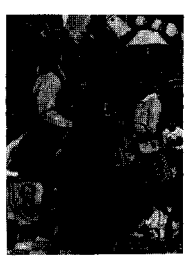

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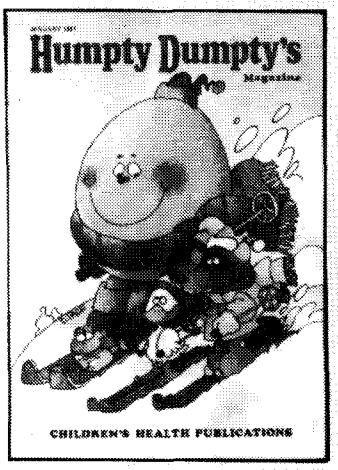

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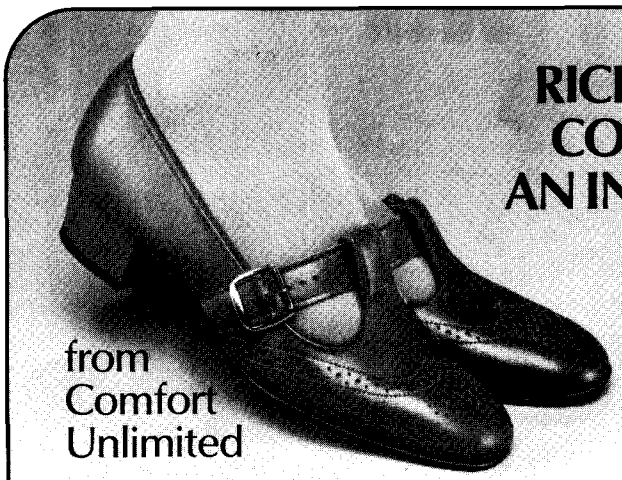

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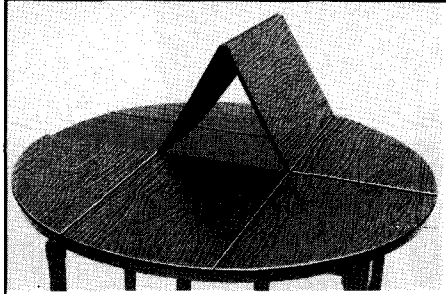

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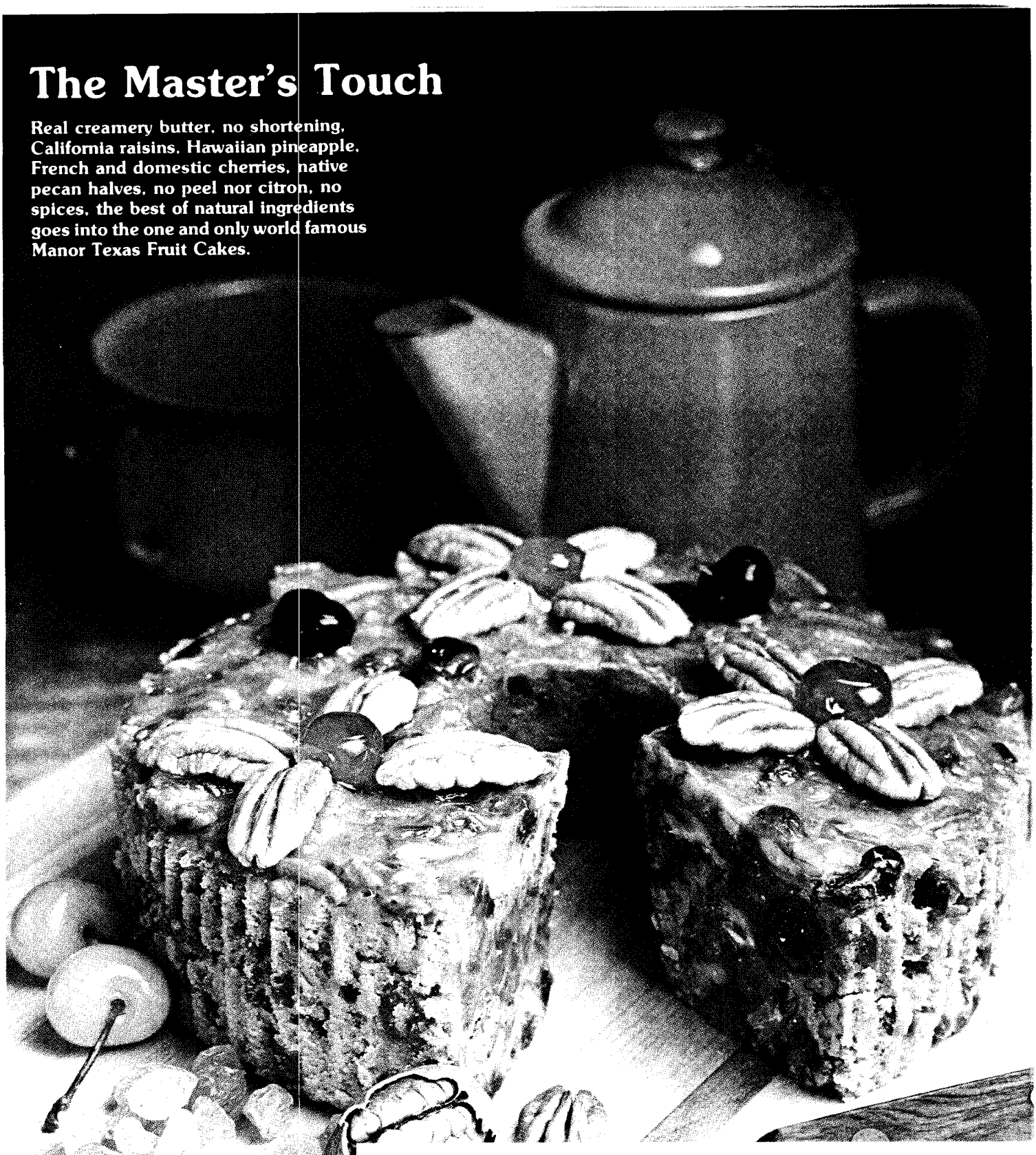

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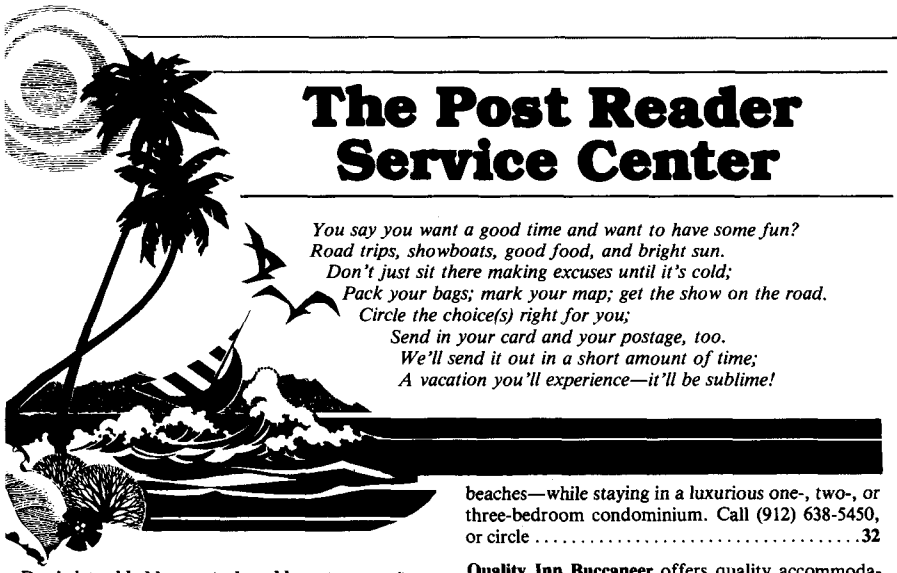

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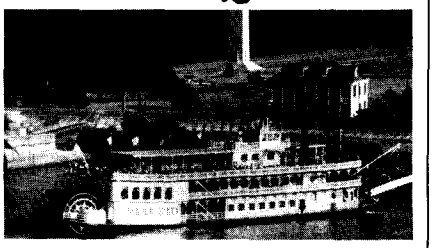

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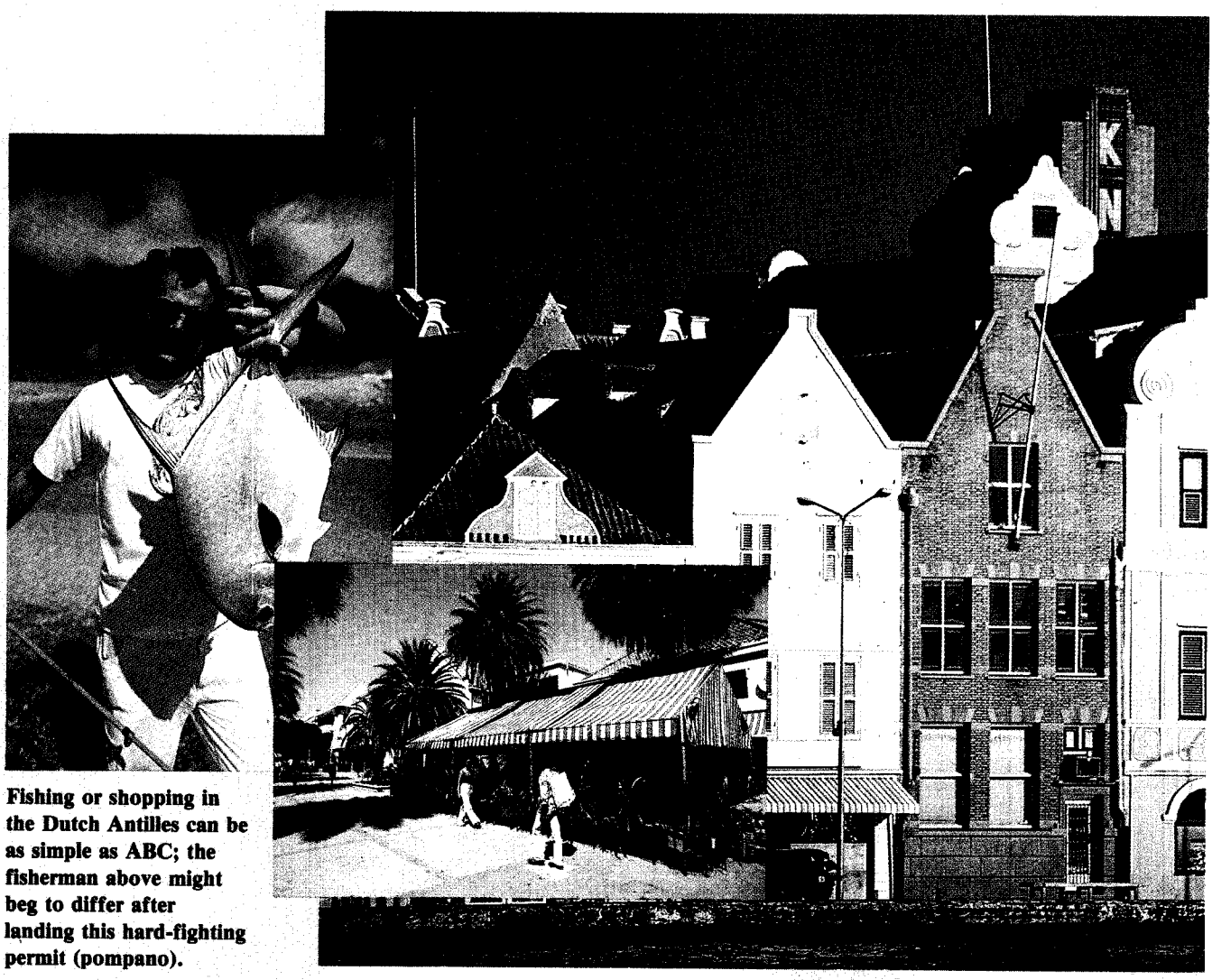
The Dutch ABCs

South of the Keys. . .farther south than Jamaica, Saint Croix, Martinique. . .the Netherlands Antilles, once desert isles, have been transformed by Dutch industriousness and a vibrant cultural mix into a tourist's "best buy."

by M. Timothy O'Keefe

You never need worry about a fast-moving cold front spoiling your stay in the Dutch ABCs—Aruba, Bonaire, and Curaçao, just 60 miles off the Venezuelan coast. Their temperature varies little from the average of 81° F. (yet it never seems even that hot, thanks to constant trade winds from the east). Rainfall seems almost nonexistent—only 20 inches a year.

But the excellent climate is only part of the ABCs' allure. Many islanders, for instance, are descended from the Dutch and intermixed with other stocks to create their own unique culture, including a special language called "Papiamento," a blend of English, Spanish, Dutch,



Fishing or shopping in the Dutch Antilles can be as simple as ABC; the fisherman above might beg to differ after landing this hard-fighting permit (pompano).

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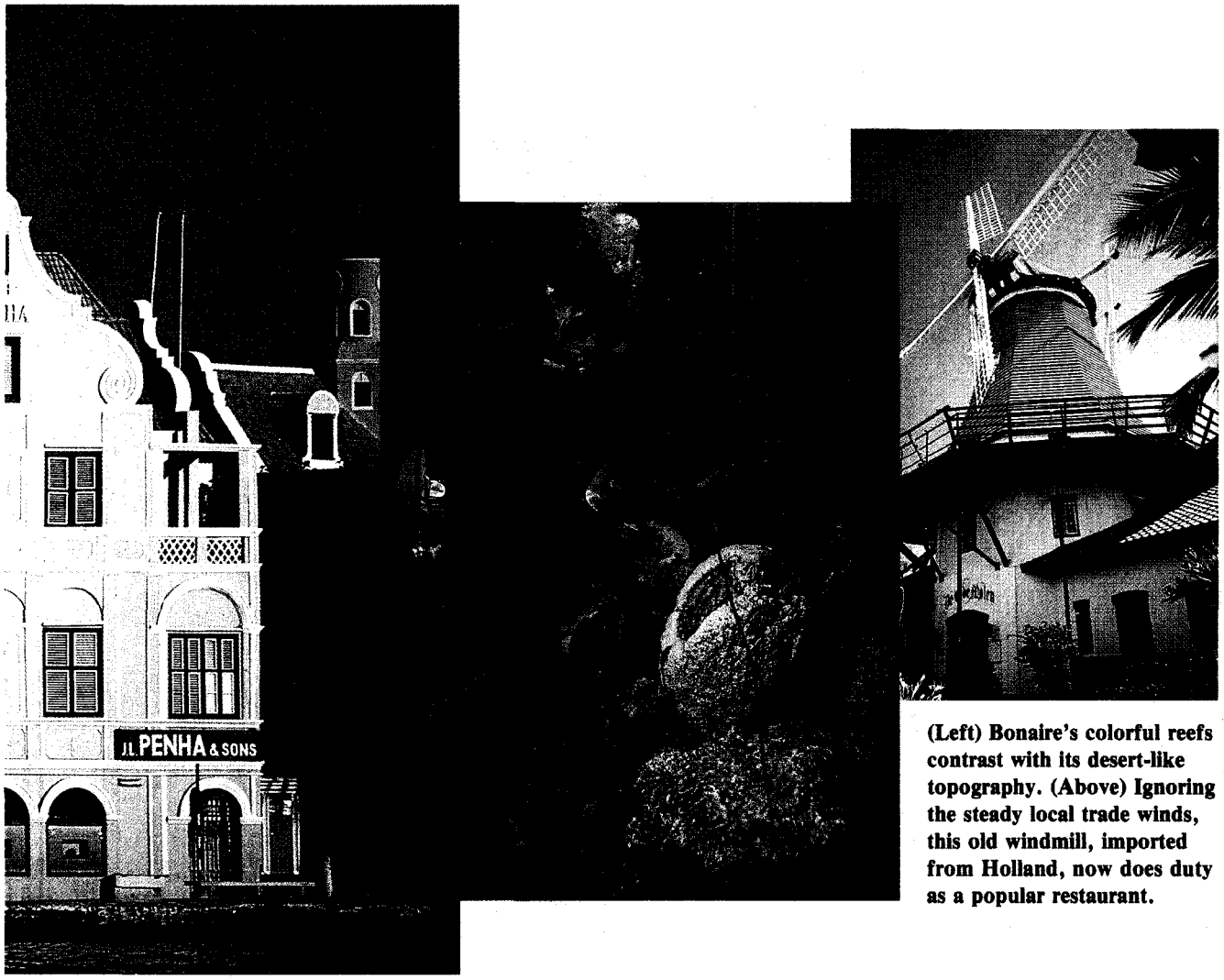
Aruba's palm-lined beachfront is renowned even by Caribbean standards. Fortunately, the island's thriving refineries are nowhere near.

and Portuguese. But not to worry: Most everyone speaks several languages, including excellent English.

Happily, present-day islanders retain the Dutch traditions of politeness, cleanliness, and efficiency. Most important, they are genuinely friendly people who welcome visitors. Their bright, whitewashed buildings with colorful orange roofs crowd the waterfront and reflect the quaint charm of their mother country. Offset against the deep blue sky and turquoise green water, the dwellings seem too toylike to be real.

The vividness of the buildings is a

continued on page 86



(Left) Bonaire's colorful reefs contrast with its desert-like topography. (Above) Ignoring the steady local trade winds, this old windmill, imported from Holland, now does duty as a popular restaurant.

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Lapland

As you go north in Finnish Lapland, nature shows its rarest cameos—the plop of a fish, the startling gold-bronze of *ruska,* the autumn foliage. The bluethroat, finest songbird and virtuoso, sits to compose its lovely melody. In *kaamos,* Lapland's long winter twilight, the aurora borealis brings coronas of light rays, shimmering streamers of blue, green, and red to form quadrilles in the sky. In that season, darkness is never really total; the sun, glowing softly at the world's edge, never quite reaches it.

If you have flown in on *Juhannus,* Midsummer's Eve, thousands of bonfires twinkle below, and on the reveling Walpurgis Night that greets summer, rockets stream pillars of wild orange flame down the sky.

Ivalo, Finland, is 150 miles north of the Arctic Circle. For two months the sun never sets, seeming to weave around the horizon in a bobbing motion. You disbelieve your own watch and forget to go home, and day ends when human energy is spent.

Out of the white-frosted mountain fells near Ivalo roams a *porotokka,* a reindeer herd driven with primitive chants of *"Joik"* and *"Juigo"* from the bright-garbed Vaino, the herd's owner. Sun dots the *tunturi* (hills) and clears the mist swirling around the dark gray and creamy white hulks. As they swim the river, only a fantastic maze of antlers shows above water.

Vaino is in work-dress of striking red and blue, ropes over his shoulder cowboy fashion. The suit he will wear later has weaves and embellishments only a Lapp woman can create; high-holiday wear is even more spectacular, his Hat of the Four Winds having sharp corners and multicolored ribbons streaming in the wind.

It is May in Finnish Lapland, the "ultima Thule" of anciently drawn maps, once described as a "forgotten wilderness." Here live the Lapps, a dying breed. Vaino's family is among the 1,000 or so Lapps who own herds, but most are settled in or near villages, many having modern homes, snowmobiles, television, and Deepfreezes.

Lapps are courteous and helpful, and *"kylla"* (yes) comes readily with outlanders. Even in the farthest reaches of their land are festivals and solid-comfort safaris to ice-fishing and skiing, not to mention the chance to squander *markka* on handicrafts. Finnair has many Arctic safaris; three this year feature Christmas with the Lapps.

Rovaniemi, less than two hours by air from Helsinki, has fine hotels, a library and a museum, and artsy-craftsy shops where you can buy reindeer-skin slippers that make you look like Minnie Mouse; or you can try the Marimekko store at its voguish best. Rovaniemi is frontier with flair; the city was destroyed by the Nazis in World War II and rebuilt by Finland's leading architect.

Inari, farther north, is a must-visit for its Lapp Folk Museum's ancient artifacts and implements and its craft shop. Panning in the Tankavaaro River is no moneymaker but great fun. In Lake Inari is the sacred island of Ukonkivi, to which ancient offerings were brought. After your day-trip and refreshing *sauna* (sow-nah) you can eat ladled-out reindeer and mushroom stew and cloudberries (boysenberries) with thick frozen cream.

At Tormanen near Ivalo is Father Christmas' home, Korvatunturi, the "Ear Hill" from which he listens to what goes on in the world. Finland's *Pikkujoulu* (Little Christmas) in early December starts a round of fests lasting to the 26th. On the 24th a "midday" tree is adorned with real candles, silver and gold ribbons, and tiny craft items. Gospel readings start off a dinner of ham, Lapp salmon, vegetables, and rice pudding.

Church services are 6:30 Christmas Day, with the Lapps in their most exotic costumes. The 26th is "Boxing Day": games, sleigh rides, and lasso-throwing.

Despite its seemingly lonely stretches, Lapland is a busy place, and it will be even more so in 1987 during the 70th anniversary of Finland's independence.

—Mari Andersson

(Above) Winter simplifies the problem of getting about in Lapland. (Right) Lapps, not their reindeer, are an endangered species in the modern world.

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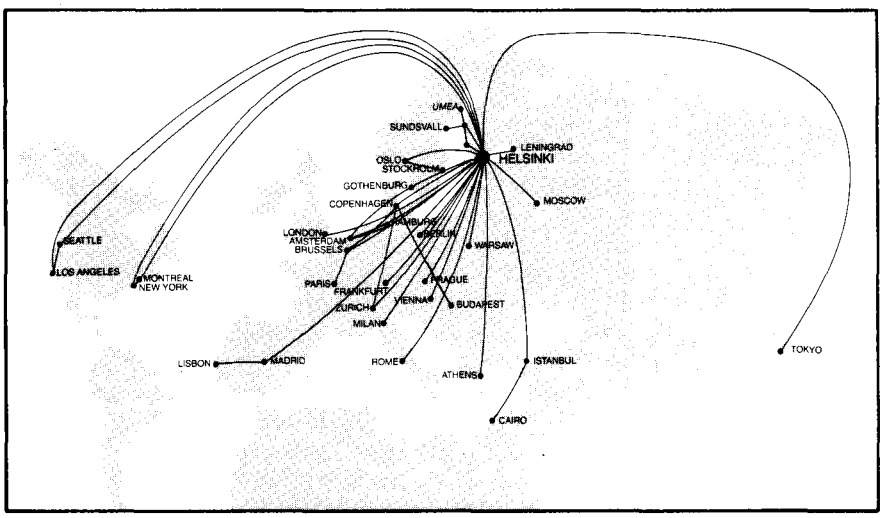

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(from p. 82) remarkable contrast to the desert-like terrain of each island's interior: Large cacti and scrub are the ABCs' main natural vegetation. Early explorers cut down all the trees for shipbuilding.

Aruba

Aruba, only 19.6 miles long and 6 miles across at its widest point, is best known for two things: beautiful palm-lined beaches and shopping. The beaches, some of the cleanest and brightest in the Caribbean, seem to stretch on forever, making them ideal for early-morning and late-evening walks. The major luxury hotels that crowd the beachfront range from the elegant locally owned Tamarijn Beach Hotel to such big international chains as Holiday Inn, Americana, and Sheraton.

The shopping is nicely centered in one area of brightly painted stores along Nassaustraat in the main city of Oranjestad. Because cruise ships stop regularly, the shopping complex has grown into one of the most sophisticated and varied in the entire Caribbean.

Though Oranjestad is definitely the hub of Aruba, you'll find a great deal to see on this tiny island. The roads are good but many are unmarked: Visitors can either consult the local road maps frequently or take their bearings from the ever present divi-divi trees. The divi-divis (which according to locals grow sideways instead of upward) are all bent permanently in one direction—southwest—by the easterly trades.

A tour of Aruba should include the rugged north coast, site of the largest and most perfectly formed natural bridge in the Caribbean. Near the center of the island, at Casibari, is another natural curiosity, rock formations mimicking the shapes of various animal heads.

You'll find plenty of curious man-made objects on Aruba as well. Along the doorways and windows of many cottages you'll see ornate carvings of flowers and strange symbols carved into concrete—hex signs, made to ward off evil spirits . . . yet this is a very Christian population. And near the Aruba Sheraton is De Olde Molen (The Old Windmill), a full-size windmill brought over from Holland. It's still in operation, not as an energy source but as a very popular and unusual restaurant.

Another interesting stop is Spanish Lagoon, where pirates supposedly hid their booty and where some of the treasure may still be waiting to be found. Nearby Frenchman's Pass is a definite must for bird watchers. Large green and yellow parakeets—about twice the size of those usually seen in the United States—nest in steep cliffs along the roadway. Sunset is the best time to see them.

Besides touring Aruba, you can also arrange horseback riding, tennis, golf, and scuba diving through your hotel. Getting there is easy on ALM Antillean Airlines.

Bonaire

Although Bonaire is considerably larger than Aruba (24 miles long and from 3 to 7 miles wide), it is far less developed. It lacks Aruba's beaches and shopping opportunities but more than compensates with its myriad of other outdoor activities.

Bonaire has been described as a desert island surrounded by an oasis of coral reefs, some of the lushest and most colorful in all the Caribbean. Except for the Venezuelans who come to Bonaire to enjoy sun and seclusion, the hotels cater mainly to scuba divers from the United States.

You don't need to be a scuba diver to explore Bonaire's hidden underwater treasures: The snorkeling is also excellent. Underwater you'll see many bright orange sponges the size of boulders, convict-striped sergeant fish that love to be hand-fed, and amazing black crinoids with white tips that look like sea lilies.

continued on page 97

New Zealand from N to Z

The *Royal Viking Star* floated sublimely at anchor in the harbor. Tall and wide, she conveyed a sense of power, speed, and comfort. The passengers sensed how the legendary British navigator Captain James Cook might have felt during his expeditions around the Pacific. Our anticipation was finally curbed as we cruised toward the coastline of a land Cook circumnavigated more than 200 years ago: New Zealand.

New Zealand is principally composed of two bodies of land: the North Island and the South Island. On the western edge of the South Island is the entrance to Milford Sound, a hidden deep-water passage that eluded Cook, despite his navigational genius. What he missed, we can enjoy today.

Milford Sound is an enchanted place, studded with primeval fjords. Hanging waterfalls crash down mist-enshrouded mountains whose forested slopes are capped by snowy peaks. Along the shore, seals bask in the sun and swim underwater. We spent an enjoyable day cruising these glacier-carved waterways before heading toward Christchurch, our next port-of-call.

Noel Moorehead, a heavily suntanned cabdriver who favors Bermuda shorts, was our guide for the rainy Saturday we spent in Christchurch. Noel tooled his Ford Fairlane up a road that provided a great view of Governor's Bay, a harbor that's actually the crater of an extinct volcano. All around us were hills and farmland that had turned brown from an exceptionally dry summer. Despite that, sheep were grazing contentedly in the fields.

Next, Noel took us on a tour of

People who visit glass museums should be prepared for some eyeball-to-eyeball confrontations at Kelly Tarlton's Underwater World, Auckland.

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Christchurch, "The Garden City of the Plains." We drove down Royds Street, a flower-lined thoroughfare known as the most beautiful street in the city. Later, we stopped along the banks of the Avon River, a large stream that runs lazily through the town. Massive trees along her banks bend toward the water, casting reflections on the surface.

The next stop, the Canterbury Museum, houses the R.H. Stewart Hall of Antarctic Discovery. The hall contains the most extensive collection of Antarctic memorabilia in the world, featuring handwritten diaries, records, and items from Robert Falcon Scott's ill-fated 1912 expedition.

Scott was already a famous explorer in 1910 when he set out to be the first man to reach the South Pole. He and his four companions pulled their heavy sledges across the tundra in sub-zero weather. When they reached the South Pole on January 17, 1912, they discovered to their bitter disappointment that Roald Amundsen had beaten them by about one month. Disheartened and exhausted, they started their trip home, never to reach their destination: They died of exposure to the cold.

Our day in Christchurch concluded with a brew of Lion Brown Ale in the Empire Hotel's convivial pub. The local people made the Americans feel very welcome. This friendliness is common among New Zealanders as a way to thank the "Yanks" for saving their country from a Japanese invasion during World War II.

That evening, we sailed for Picton, a beach town prone to clear summer sunshine and balmy South Pacific breezes. It's a good place to laze on the beach, get a suntan, and enjoy Hoky Poky ice cream—vanilla with butterscotch bits. Because the sheep population outnumbers the human population 20 to 1, Picton's shops offer great buys on woolen goods, like sheepskin coats.

After crossing Cook Strait, a rough body of water, we arrived the following morning in Wellington, the country's capital city, on the North Island. Built on a fault line, like San Francisco, Wellington has houses that cling precariously to her hilly streets. Wellington also has a windy, though mild, climate. A cable car that connects Lambton Quay and Kelburn hilltop offers a magnificent view of the city below.

Two days later, we debarked in Auckland, the largest city in the country. We stopped at Kelly Tarlton's Underwater World. Amid dimmed lights and amplified sea sounds, we moved on a conveyor belt through tunnels of a glass-enclosed aquarium containing sharks, barracudas, and other species of fish.

We then visited the War Memorial Museum. It has a large collection of native Maori artifacts, including a meeting house, a storehouse, and a war canoe.

As the sun set, my guide, Kevin Gough, drove his car 600 feet above the city to One Tree Hill. In the 18th century, the hill was an impregnable Maori fortress, till an enemy tribe proved otherwise. Today, it's the city's focal point.

Although Captain Cook explored the outside of New Zealand, we felt we explored and discovered the inside of the country. New Zealand's labeled "down under," but I feel the country is up and above.

—Fred Rosen

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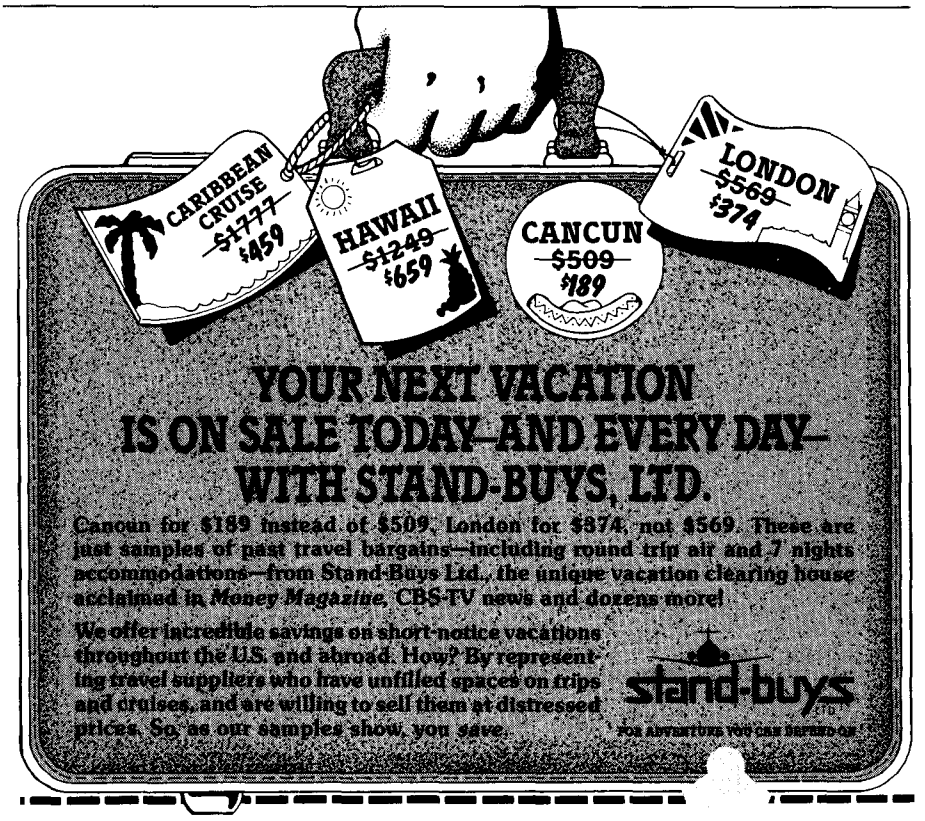
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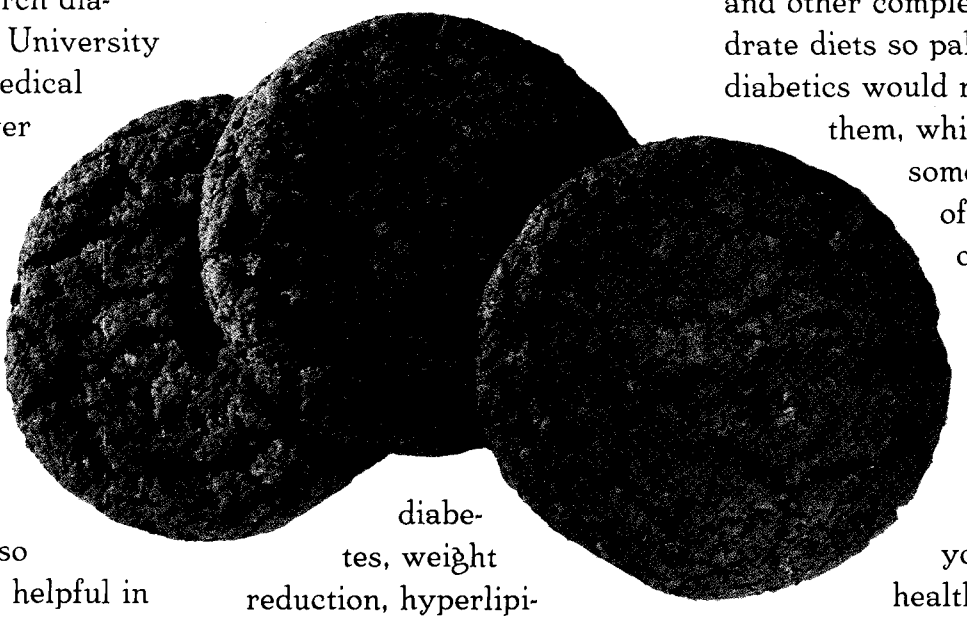
It remained for Dr. James Anderson, research diabetologist at the University of Kentucky's medical center, to discover that oat bran can have favorable effects on blood sugar control and blood fat levels. Increasing the soluble dietary fiber has also been found to be helpful in weight reduction and bowel regularity.

Although there are numerous ways of adding this tasty oat bran to your daily diet—hot cereal being among the most popular —cookies "take the cake" because of their universal appeal and versatility. Moreover, "Carol's" oat bran cookies, which contain no added sugar, no cholesterol, little saturated fat, and a low percentage of simple carbohydrates to complex carbohydrates, can be safely included in diets for



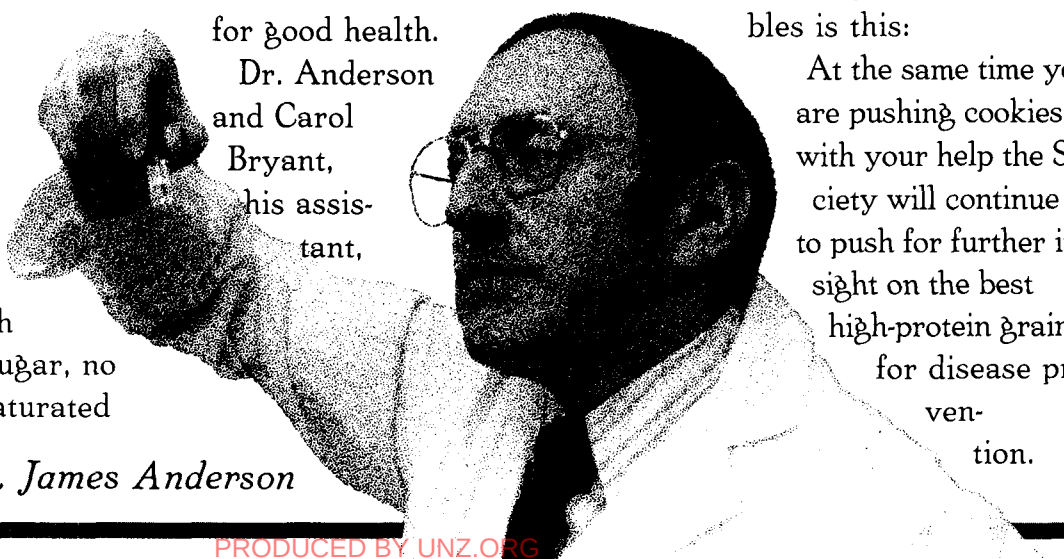
diabetes, weight reduction, hyperlipidemia, and reactive hypoglycemia. And because each cookie contains 5 grams of oat fiber, it makes a delicious start on the 25 to 35 grams a day recommended for good health.
for good health.

Dr. Anderson and Carol Bryant, his assistant, developed first these cookies for diabetics to reduce their need for insulin. Their main concern was to make them and other complex-carbohydrate diets so palatable that diabetics would remain on them, which would in some instances of maturity-onset diabetes eliminate the need of insulin altogether.

It is for your good health that we are offering a sample in return for your support in helping the Society continue its research into the causes and possible cures of many major health disorders.

The way the cookie crumbles is this:

At the same time you are pushing cookies, with your help the Society will continue to push for further insight on the best high-protein grains for disease prevention.



Dr. James Anderson

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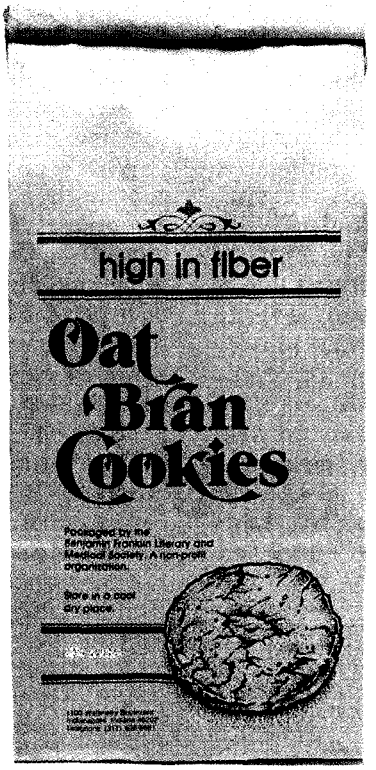
NOW THEIR OATS.

With your support the Society added the now burgeoning Colitis Club, whose members are finding relief from their irritable-bowel problems with our recommended diet.

You backed our campaign to "Snuff Out Snuff" and to publicize nicotine as the cruelly addictive drug it is.

In Africa, your Society discovered a slow-release magnesium chloride supplement called Slow-Mag, a product being used there for insomniacs, mild hypertensives, pregnant women (to prevent eclampsia), migraine sufferers, and victims of numerous other distresses caused by magnesium deficiencies.

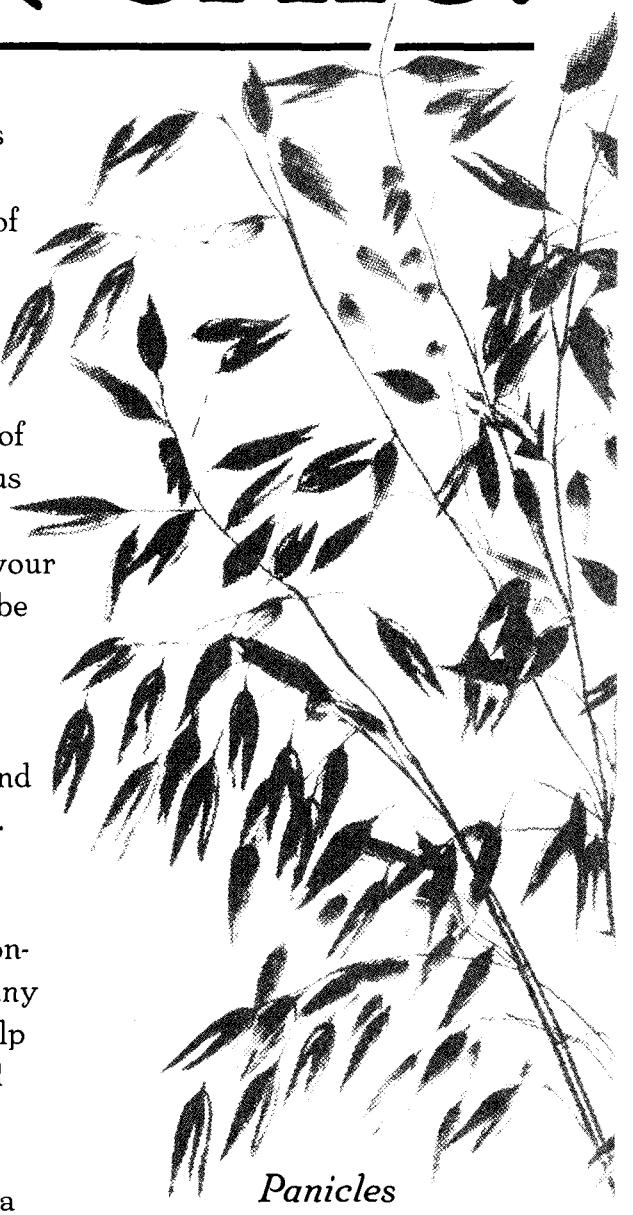
We told you about Dr. Charles Pak, University of Texas Health Science Center at Dallas, who developed Citracal (calcium citrate) for those who complain of gas and bloating after taking their calcium in the form of calcium carbonate.



It is with the continued support of such generous volunteers as you that your Society will be able to forge ahead, ever widening its knowledge and its resources.

If you can send a tax-deductible contribution in any amount to help expand this research, we'll send you a sample box of Carol's oat-bran cookies.

And that's anything but a crummy exchange.



Panicles of Oats.

The Saturday Evening Post Society

P.O. Box 567, Indianapolis, IN 46206

Yes, I want to try a FREE sample bag of Oat Bran Cookies. My enclosed contribution will go to medical research for: ☐ **Cancer prevention** ☐ **Heart disease**

My donation $5_____ $10_____ $15_____ other_____

☐ **My check or money order is enclosed. Charge to:** ☐ **Visa** ☐ **MasterCard**

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REAPING THE BENEFITS OF BUCKWHEAT

The long-ignored ingredient of America's favorite griddle cakes offers better protein and more flavor than any cereal grain.

by Allen Simon

Dutch settlers brought buckwheat to America several hundred years ago, but like their celebrated game of ninepins, it never quite caught on. Although many Europeans eat buckwheat as a staple in everything from soups to stuffings, this high-protein food, still a stranger to American dinner tables, has come down to us only as a breakfast oddity—our favorite alternative flapjack, the buckwheat cake.

Buckwheat cakes were once the toast of America. A 19th-century British visitor wrote home: "It is hard for the American to rise from his winter breakfast without his buckwheat cakes. They are eaten everywhere, and nothing could be nicer." Traditionally, he added, the cakes were downed in groups of three.

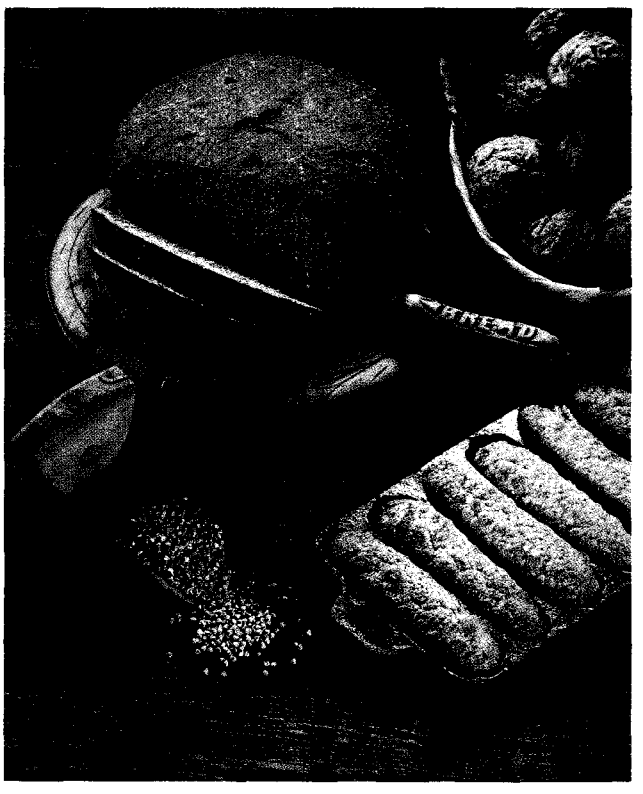
Original recipes for buckwheat cakes called for a batter of sour milk or buttermilk, salt, molasses, yeast, and buckwheat flour to be placed in an earthen crock and allowed to rise in a warm place overnight. In the morning, soda dissolved in warm water was added, and the cakes were fried on a spitting-hot griddle. Such cakes are a rarity these days: Modern versions, made from flour, salt, baking powder, eggs, molasses, and water, are quicker and easier to fix, but for rib-stickingness, they don't quite stack up.

Few Americans have tried buckwheat in other forms, such as the whole roasted kernels called kasha. Kasha is available from the specialty-food sections of grocery stores and from health-food stores. It has a distinctive nutty flavor. Unroasted buckwheat kernels, which have a less pronounced flavor, are good in side dishes.

You may have to go out of your way to try these forms of buckwheat, but you'll probably be pleased if you do, for buckwheat—actually a fruit, not a grain—is one of the best sources of vegetable protein known. It comes closer to being a complete protein than soybeans and contains no cholesterol and negligible fat. Buckwheat is also higher in lysine, an essential amino acid, than any natural grain. Buckwheat is highly digestible, and because it is not related to wheat, it is an excellent alternative food for persons intolerant of wheat.

What's more, buckwheat plants contain rutin, one of the bioflavonoid compounds, which may help strengthen blood capillaries. Rutin is sometimes prescribed in the treatment of hypertensives. Health-food enthusiasts recommend sprouting buckwheat seeds and using the rutin-rich sprouts in salads and in muffin and pancake batter.

The best reason to try buckwheat, however, is its wonderful flavor, hard to miss in the following recipes for soups, salads, casseroles, breads, and desserts. After tasting them, you may want to start reaping the benefits of buckwheat, not just for breakfast, but for lunch and dinner as well.



Buckwheat flour adds extra protein and flavor to such baked goods as Kasha and Honey Bread and Crunchy Corn Muffins.

Although kasha can be cooked like rice, the recommended recipe for kasha preparation calls for stirring an egg into the kasha grains before hot liquid is added. This separates each grain and brings out the nutty flavor of the buckwheat.

Basic Kasha Pilaf
(Makes about 3 cups)

1 cup uncooked kasha
1 egg, slightly beaten
*1 teaspoon salt**
¼ teaspoon pepper
2 cups boiling liquid (water is O.K., but broth consommé or bouillon is better)
2 tablespoons margarine (optional)

continued on following page

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NOW, THE WHOLESOME SECRET TO TANTALIZING CHICKEN.

© 1985 The Quaker Oats Company

Take a good friend out for dinne

QUAKER'S TANTALIZING BAKED CHICKEN

- 1 cup Quaker Oats (Quick or Old Fashioned, uncooked)
- ⅓ cup grated parmesan cheese
- ½ teaspoon paprika
- ½ teaspoon salt (optional)
- ⅛ teaspoon pepper
- One 2½ to 3½-lb. broiler-fryer chicken, cut up
- ⅓ cup milk
- ¼ cup vegetable oil margarine, melted

Heat oven to 375°F. Place dry ingredients in blender or food processor; cover. Blend about one minute, stopping occasionally to stir. Coat chicken pieces with oat mixture; dip into milk. Coat again with oat mixture. Place in 15x10-inch jelly roll pan; drizzle with margarine. Bake 55 to 60 minutes or until juices run clear when chicken is pierced with fork. ***4 SERVINGS***

Take that Quaker man out of the cupboard for your chicken recipe instead of processed breadcrumbs or refined flour. Oats add wholegrain protein and fiber... and hold in all the juicy goodness.

For more Quaker recipes, send name & address to: COOKBOOK, P.O. Box 2481, Boston, MA 02277-2481.

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In two-quart saucepan or skillet, combine kasha, egg, and seasonings. Stir constantly over medium heat for about two minutes or until the egg is "set" and each grain is separate and dry. Add boiling liquid, cover pan tightly, and cook gently over low heat for 15 minutes or until kasha grains are tender. Stir in margarine.

* Use less if broth is highly seasoned.

Kasha and Honey Bread Home Style
(Makes 1 large loaf)

1 package active dry yeast
¼ cup plus 2 tablespoons lukewarm water
½ cup milk
1½ tablespoons margarine
¼ cup honey
¼ cup uncooked Wolff's coarse kasha
1½ teaspoons salt
⅛ teaspoon allspice
¼ cup toasted wheat germ
2-3 cups unbleached bread flour

Dissolve yeast in water. Heat milk until warm; stir in margarine and honey; cool to lukewarm. In mixing bowl, combine yeast and milk mixture; add kasha, salt, allspice, wheat germ, and 1 cup flour. Beat by hand or mixer until smooth. Stir in just enough of remaining flour until firm dough is formed. (Adding too much flour will result in a dry, heavy loaf.) Turn dough out onto floured board and knead until smooth and elastic; add small amounts of flour to offset stickiness, if necessary.

Place dough in oiled bowl or pan; cover and let rise in warm place until doubled in bulk (about 60-90 minutes). Then punch dough down and shape into a loaf (either a round loaf or in a pan). Cover loaf lightly and let rise again until almost doubled, about 30 minutes. Bake in preheated 375° F. oven for 30-40 minutes, or until loaf sounds hollow when tapped. Cool bread in pan 10 minutes, then turn out onto rack to finish cooling. This recipe can be easily doubled.

Crunchy Corn Muffins
(Makes 1 dozen medium muffins or corn sticks)

1 cup milk
½ cup uncooked kasha
¼ cup margarine
1 cup plus 2 tablespoons all-purpose flour
½ cup yellow corn meal
2 tablespoons sugar
4 teaspoons baking powder
½ teaspoon salt
1 egg

Heat milk to nearly scalding (about 150° F.). Add kasha and margarine; set aside. In mixing bowl, combine flour, corn meal, sugar, baking powder, and salt. When milk mixture is lukewarm, add to dry ingredients along with egg. Mix just until fairly smooth. Pour batter into greased muffin cups or well-greased cornstick pans. Bake in oven preheated to 425° F. 15-20 minutes.

Savory Stuffing
(Makes about 3 cups)

1 cup medium uncooked kasha
1 egg, slightly beaten
½ teaspoon sage
1 teaspoon salt
Dash pepper
¼ cup margarine
1 cup chopped onion
2 cups hot broth
1 cup chopped celery
3 cups chopped apple

In two-quart saucepan or skillet, combine kasha, egg, and seasonings. Stir constantly over medium heat for about 2 minutes or until egg is "set" and each grain is separate and dry. Push kasha to side of pan, add margarine, and sauté onion briefly. Add boiling broth, cover pan tightly, and cook gently over low heat for 15 minutes or until kasha grains are tender. Add celery and apple before stuffing.

Hearty Tomato Soup
(Makes about six 8-oz. servings)

2½ cups tomato juice
*½ cup chopped celery with leaves**
¼ cup chopped onion
2 cups regular-strength beef broth or bouillon
½ cup uncooked Wolff's White Buckwheat Groats
2 tablespoons margarine
2 tablespoons flour
Pinch of sugar
Pinch of freshly ground black pepper
Pinch of marjoram
1 teaspoon dried basil leaves
*Sour cream and thin lemon slices, for garnish**
**Or substitute three cups of V-8 juice in place of the first three ingredients*

In small saucepan, combine tomato juice, celery, and onion; bring to boil, then reduce heat, cover, and simmer for 15 minutes. Strain mixture and reserve juice. (Omit this procedure if using V-8 juice.)

Meanwhile, in another small saucepan, bring 1 cup broth to boil, then stir in groats. Reduce heat, cover, and simmer for 10 minutes. Remove from heat and let set, still covered. In large saucepan, melt margarine. Stir in flour and cook, stirring, until smooth and blended. Stir in remaining broth and bring to boil; stir constantly. To this mixture, add tomato juice, buckwheat groats, sugar, pepper, marjoram, and basil.

Whether you're talking turkey, duck, chicken, or fish, kasha with its nutty flavor makes a good stuffing.

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Heat soup through. Serve garnished with dollop of sour cream and lemon slices. Pass additional sour cream.

Cool-as-a-Cucumber
(Makes 6 or 7 servings)

3 cups cold cooked kasha (recipe page 90)
5-6 fresh mushrooms, sliced
½ cup sliced scallions
1 medium cucumber, seeded and diced
½ cup sliced celery
1 medium tomato, seeded and diced
2 cups cold cooked peas
¼ cup chopped parsley
½ cup sliced green or black olives
½ cup sliced water chestnuts (optional)
1 bottle (8 oz.) French dressing

Toss all ingredients with dressing. Chill at least 2 hours before serving. Makes hearty main-dish vegetarian salad. *Instead of French dressing, mayonnaise or oil-and-vinegar dressing can be substituted.*

Kasha and Cheese Casserole
(Makes 8 to 10 servings)

1 cup chopped onion
¼ cup margarine
1 egg
1 cup medium uncooked kasha
2 cups water
1 teaspoon salt
1 cup cottage cheese
1 cup whole-kernel corn (frozen, fresh, or canned)
4 oz. Cheddar, shredded
2 tomatoes, cut into wedges (optional)

In large skillet or ovenproof casserole, sauté onion in margarine. Mix egg and kasha together, then add to sautéed onion and stir until each grain is separate. Add water and salt; bring to boil. Lower heat; cover pan and cook 5 minutes or until kasha is nearly tender and water is mostly absorbed. Mix in cottage cheese and corn. Sprinkle with cheese and place casserole under broiler for 3-5 minutes or until cheese is melted. Garnish with tomato wedges.

Kasha Cookies
(Makes about 6 dozen)

1 cup shortening
1 cup sugar
1 cup brown sugar
3 eggs
4 cups all-purpose flour
½ teaspoon salt
2 teaspoons baking powder
1 teaspoon cinnamon
¾ cup uncooked kasha

Cream shortening and sugars until fluffy; add eggs and beat well. Sift together dry ingredients, except kasha, and add to creamed mixture. Stir in kasha. Form into 2" diameter rolls; wrap in wax paper or saran. When firm, slice and bake at 350° F. for 10-15 minutes or until slightly browned.

Coarse or whole kasha makes cookies with nutlike texture and flavor. Fine or medium kasha makes cookies with flavor and texture of oatmeal cookies.

Kasha Tabbouli
(Serves 4-5 as hors d'oeuvre or 2-3 as salad course)

1 cup cooked kasha (whole, coarse, or medium)
⅓ cup chopped green onions
About 15 fresh mint leaves, chopped
¼ cup chopped parsley
1 large tomato, seeded and chopped
Salt to taste
1 tablespoon lemon juice
Red-wine vinegar-and-oil dressing
Romaine leaves

Tabbouli is best prepared with kasha that has been cooked in chicken broth. Combine all ingredients and use sufficient salad dressing to moisten kasha (about 3-4 tablespoons). Chill for at least 2 hours before serving. Place tabbouli in center of plate and surround it with romaine leaves to be used as "scoops" to eat this tangy appetizer. (If available, a food processor speeds preparation.)

Kasha Stuffed Trout

6 small trout (or one 3½-4 lb. fish)
Salt and pepper
Savory Stuffing (recipe page 92)
½ cup melted margarine
½ cup water

Clean fish; sprinkle with salt and pepper. Divide stuffing among trout (it's unnecessary to secure the "openings"). Place in oiled baking pan(s), and brush with margarine; add water to pan(s). Bake at 325° F. about 30 minutes.

A GRAIN OF TRUTH

FIBER FITNESS

Do you remember the last time someone called you a "Health Nut"? It's been a while. We're becoming a nation of "Health Nuts" working at wellness. From our romance with running to replacing the three martini lunch with 33 minutes of Nautilus training, Americans have turned fitness from a fad into a fact of life.

Nowhere in our culture is the fitness movement more progressive or important than at mealtime. We understand that nutrition is a key to health and happiness. People are discovering that meals are a great time to exercise both their judgment and their bodies.

One fundamental nutritional factor we at Arrowhead Mills think is most important, is something we call "Fiber Fitness."

You've probably seen the now famous TV ad linking increased dietary fiber to reductions of some forms of cancer. The facts are in; fiber fitness is real, and Arrowhead Mills offers you a wholesome host of fiber rich, great tasting all natural products for your Fiber Fitness program.

From breakfast to dinner, Arrowhead has ready to eat, hot and cold whole grain cereals, convenient mixes for pancakes, muffins, cakes and pies, flours for baking and the greatest selection of the best quality natural and organic grains, beans, nuts and seeds in every form imaginable.

Fiber Fitness—it's a delicious exercise.

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Wily Woman

continued from page 68

satisfactory merchandise. Our motto is "Complete satisfaction or your money cheerfully refunded!

It is necessary that you return all papers concerning this order to enable us to adjust the matter to your complete satisfaction.

MAMMOTH MAIL ORDER CO.,
LOS ANGELES, CALIF.
(Form GL16A—20M)

MAMMOTH MAIL ORDER CO.,
LOS ANGELES, CALIF.

June 29

DEAR SIRS: I want to explain everything. There has been a horrible mistake. As I intimated in a previous letter, my helper has been entirely too nice of late. I should have known.

Last week as I was toting a sack of feed from the pickup, my helper left the door of the coop open. In a case like that, time is of the essence. I didn't even have time to put the sack down. When the chickens were rounded up, I noticed a car had arrived and a man was watching.

"Are you from the Mammoth Mail Order Company?" I asked.

"No," he said, "I'm from the Veterans Administration. Quite a demonstration for a man with a permanently injured ankle."

And so now, sirs, it appears I must work for a living.

On top of that blow, the following day I drove to town for some grit, and blew out a tire that had been thin for some time. In getting the jack I found an envelope addressed to me, and from your company. It had been opened, then stuffed between the seat and back cushion, to fall into view when I removed the seat to get the jack. This envelope contained the papers and original order that you always mail back to a customer at the time you ship the merchandise. These papers showed that on March seventh I had ordered one thousand (1,000) baby chicks. The order was in my name, but the handwriting was that of my helper.

When I returned, my helper was feeding the chickens. Silently and accusingly, I handed her the evidence of her duplicity.

"Oh, you found it," she said calmly. "I knew you would. That tire must have given out. It was overdue."

It was I, rather than she, who was nonplused. "Just another of your underhanded tricks to put me to work. You've tried before."

"Yes," she admitted happily. "And, oh, Horace, you've proved it. You are worth the powder and lead."

"I ordered a dictionary. You sent another order in my name for 1,000 baby chicks. Then you intercepted the dictionary and the papers concerning the baby chicks."

"Maybe you'd better lie down," she said. "You're all red in the face."

"For a corn-fed yokel, you could give lessons to——Just why," I yelled, "do you have to taunt me with it? You could have kept it from me! You didn't have to shatter my illusions! I was beginning to feel there was a faint spark of decency in you."

"I wanted you to find out. I'm not one to live a deception, like some I could mention." And she kicked me on the ankle.

"Ouch," I said. "I wouldn't be a bit surprised if you arranged that demonstration for the Veterans Administration man."

"It is a citizen's duty to protect the taxpayers' money. Though I didn't expect you to have a 100-pound sack of feed on your back. That was just luck."

"Where's that dictionary I ordered in the first place?"

"Oh, it's home. I'm saving it for you. I thought maybe next winter when you have some spare time——"

"Beat it," I said, "before I haul off and sock a woman."

"Oh, now Horace. Don't you see? I was only proving that you were worth the powder and lead. You rose to the emergency. I'm proud of you."

"Get out of here!" I yelled. "And take your chickens with you!"

"They are not my chickens."

"They are your chickens."

"They arrived in your name. You accepted them. You raised them. Anyhow, what do you want to do, starve to death?"

I turned and rushed into the cabin. I didn't want to run amok. I was packing up when she asked from a window, "What are you doing?"

"I'm a night-club hoofer. Why I came out here I don't know."

"What about your chickens?"

"To hell with the chickens."

"What about your place?"

"To hell with the place."

"What about me?"

"To hell with you."

I continued packing. She came in and began fussing around the stove. "It's not that simple, Horace. You

"I guess I should have warned you about Martha's kitties."

continued on following page

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Announcing an irresistible new arrival...

"JASON"

A limited-edition porcelain doll so real, you can almost hear him laugh

Shown smaller than actual size of 14 inches. Complete with doll stand.

"When a baby laughs, you see right into his heart," says Yolanda Bello, distinguished American dollmaker and creator of "Jason." And anyone who has ever been touched by a child's smile knows exactly what she means.

The first issue in *Yolanda's Picture-Perfect Babies* collection, "Jason" is the very essence of a loving, laughing baby with his twinkling blue eyes, colorful clown costume, and chubby dimpled cheeks.

Commissioned exclusively by the Ashton-Drake Galleries, he represents the centuries-old tradition of classic character dolls — dolls so treasured, many become heirloom collectibles cherished for generations.

A Masterpiece of the Dollmaker's Art

"Jason" is meticulously handcrafted with head, arms, and legs sculpted of fine porcelain that's hand-painted in soft, lifelike colors. His clown costume is hand-tailored and made of fine satin. As a final touch, "Jason" will bear the signature of the artist, as well as the hallmark of the Edwin M. Knowles China Company...renowned for its long tradition of quality.

Available Only From The Ashton-Drake Galleries

"Jason," complete with doll stand, can be yours to cherish for only $48.00. But you must act promptly... this extraordinary doll will be issued in a strictly limited edition which will close forever in 1986. Each doll will be individually hand-numbered and accompanied by a matching numbered Certificate of Authenticity.

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THE ASHTON-DRAKE GALLERIES
In Pursuit of the Unique

Your Satisfaction is Completely Guaranteed

You may, without hesitation and for any reason, return "Jason" to us at any time within one full year after you receive him. We will refund your purchase price, including postage, with no questions asked.

TEAR OFF, COMPLETE AND MAIL

RESERVATION FORM

Mail to:

THE ASHTON-DRAKE GALLERIES
212 West Superior Street
Chicago, Illinois 60610

Please respond by October 31, 1986

YES Please enter my reservation for "Jason," first issue in *Yolanda's Picture-Perfect Babies* collection. Limit: One doll per customer.

☐ I understand that I SEND NO MONEY NOW. I will be billed the issue price of $48.00* with shipment of "Jason."

X _____
Signature Date

Name (Please print) _____

Address _____

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*Plus $1.74 home delivery fee and any applicable state sales tax.

Allow 4 to 6 weeks for delivery. 76111-D91501

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owe me for the price of 1,000 baby chicks."

"That's your business."

"You hired me as a helper on a business basis. I have witnesses. You owe me wages from back in March. You owe for the use of the pickup. You blew out a perfectly good tire. Don't think you'll just skip your bills, either. People up here won't stand for it, a night-club hoofer doing that to a girl."

"Why don't you get out of here?" I yelled.

"I'm fixing a little something to eat. You'll need energy to think over your problem."

"For the last time, get out of here! I wouldn't eat another bite of what you cook! It might be poisoned! Now, scram."

"Well, all right." She went out and drove away.

I sat down to face my doom. There was no way out. She had whipsawed me. I was confronted by a life of grim toil getting out of her debt. To hell with that noise. I would skip during the night. Horace L. Beck would become just a nameless bum on skid row, on account of a woman. I decided I needed some nourishment for the six-mile hike to town. But I couldn't find the salt. My helper had been attending to the cooking, and she had a woman's devilish habit of tucking things away. I walked over the hill.

The Yosts were at the table. "Just in time, Horace," my helper said brightly.

"As usual," the brat said.

"All I wanted to know," I said: "where did you put the salt?"

"Oh," my helper said, producing the shaker from a pocket of her slacks, "I must have carried it off."

"You knew I'd come for it," I said. "Why do you do things like this?"

She said, "Don't you know?"

There was something about the way she said it. Her eyes big and her mouth soft. Suddenly I understood everything. The dumb little bunny, she loved me. Me, a night-club hoofer! The crazy little kid. I hadn't so much as laid a finger on her. I wasn't the one to fool around with the corn-fed type.

Then I saw her parents beaming proudly, and I was conscious of my overalls and work-hardened hands, and I wondered what had happened to the night-club hoofer. I remembered how empty the cabin had been after my helper had left, and what wonderful food she cooked, and how pleasant it was even to work when she was around. And I really hadn't tried to find that salt. I'd kept looking in places I knew it wouldn't be.

And there was one way to get out of her debt.

"Yes," I said, "I guess I do."

"Adeline," her father said as she arose, "you have not your supper finished."

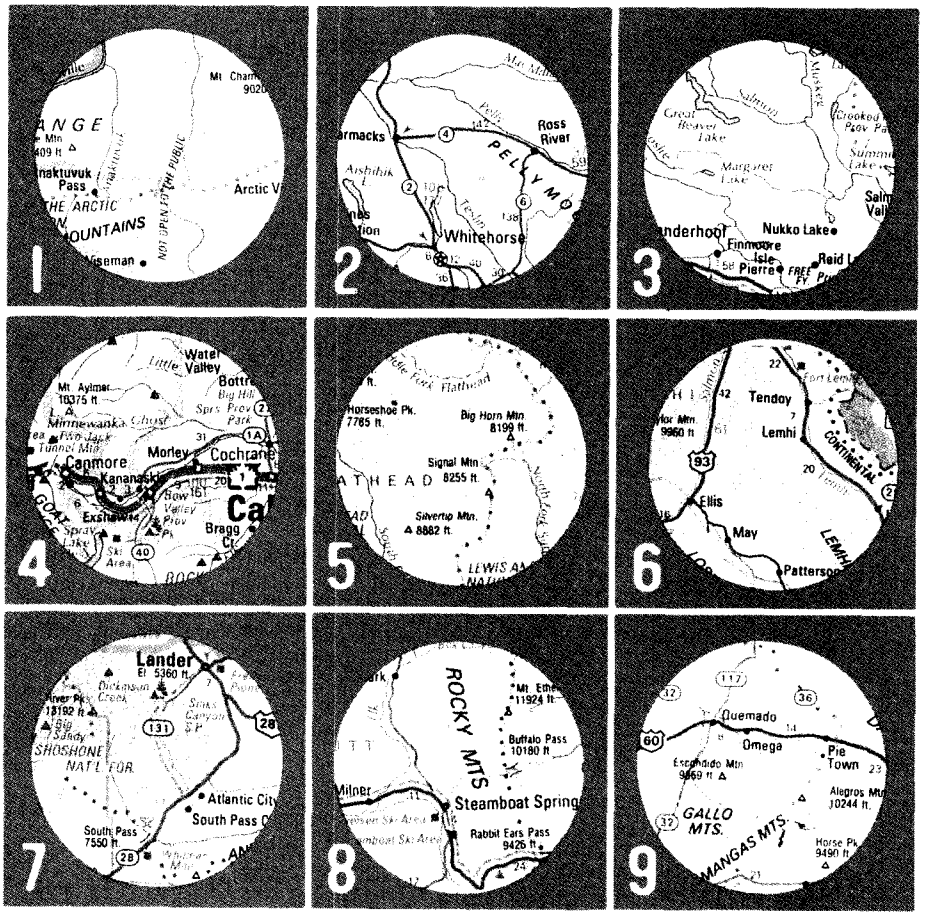
"Papa," her mother said, "she does not the supper want."

"Yaah!" the brat said. "Lovey dovey gooey!"

And without going into further detail, sirs, here is the situation: I am now in the chicken business. I have on hand three dictionaries, Unabridged, India Paper Edition, No. 339B188GL, $32.50, postpaid. Two of them belong to you. The third, which I ordered in the first place, will come in handy. My wife says that in our spare time next winter we can write the story of how the mail-order business fostered American initiative, independence, and inventive genius. The real story of what made America great.

I would appreciate any data on the subject you might be kind enough to forward.

Yours happily,
HORACE L. BECK,
RED BLUFF, CALIF.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single state, province, or territory. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? (Hint: Practice your math skills while using "division" to search for clues.) If you or a friend finds the game too easy (but you won't), use the hint to discover the theme of this month's map game.

(Answers on page 112)

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P.S.: I am returning by parcel post the two dictionaries, together with the papers concerning the order.

H . L . B .

RBAF14 13-RED BLUFF, CALIF., 16 419P
MAMMOTH MAIL ORDER CO.,
LOS ANGELES, CALIF.
I RETURNED TWO DICTIONARIES. HAVE JUST RECEIVED 1,000 BABY CHICKS. PLEASE ADVISE.

HORACE L. BECK,
RED BLUFF, CALIF.

Dutch ABCs

continued from page 86

Curaçao

Curaçao is not only the largest of the Dutch ABCs (38 miles long and 7 miles wide) but the busiest. Of all Dutch ports, Curaçao's Willemstad harbor is second only to Rotterdam's in importance, primarily because of a large oil complex developed over the decades.

Taking an initial look at Willemstad, the first-time visitor may experience déjà-vu, and no wonder. It seems whenever magazines or advertisers want to depict the cheerful old-world architecture found in some Caribbean cities, they choose Willemstad's yellow-and-orange waterfront.

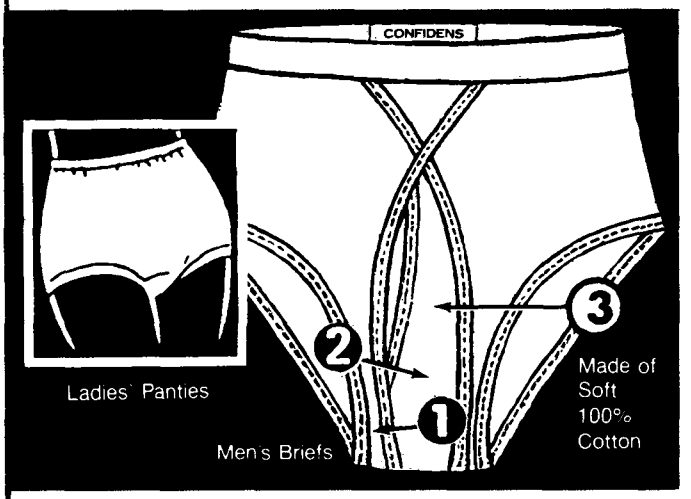
Willemstad is divided into two almost separate entities by a main channel that makes it an important port city. The two sides are known as Punda and Otrabanda. Punda, meaning "point" and located on the east bank, is the older settlement, dating back to 1634.

Not only is Punda the section of Willemstad with most of the old restaurants and stores in storybook colors, it is also one of the great shopping malls of the Caribbean. It far surpasses even Aruba. Many visitors find Punda's large floating market with fresh Venezuelan produce equally intriguing.

Curaçao's cosmopolitan population (more than 50 different nationalities) is best reflected in its diverse dining establishments. The local specialty—rijsttafel (pronounced rice-tahfel)—is a kind of transplanted Indian smorgasbord containing from 15 to 40 different servings, such as pork, shrimp, chicken, beef, vegetables, and fish, that have been either broiled, stewed, or fried. A relish of chopped peppers can be added to spice things up even more.

At Last, A Doctor's Discovery Guarantees...

Luxurious Comfort with 24-Hour Protection!



3-Layer Design Guarantees Protection

① Inner layer of soft, highly-absorbent, 100% pre-shrunk cotton flannel.

② Middle "shield" layer of durable, water-repellent nylon.

③ Outer layer of fast drying, 100% cotton/knit.

Whenever incontinence occurs—The inner layer absorbs moisture, the middle layer acts as a moisture barrier that protects the outer layer and your clothing from stains and spots.

For years, a doctor sympathized with his patients who were forced to live with an embarrassing problem—spotting and staining of clothing caused by slight losses of urinary control.

Disposables seemed to be the only answer. But patients complained they were bulky, uncomfortable and made them agonizingly self-conscious.

So, he invented "CONFIDENS".

"CONFIDENS" are made of soft 100% cotton.

They're so comfortable you'll forget you're wearing them. They'll outwear and outlast regular "store bought" underwear by far.

Best of all, they'll provide you with a whole new world of freedom from the embarrassment and inconvenience of minor incontinence problems. You've got to try them to believe them!

Our risk-free offer—Order a pair (or two) of "CONFIDENS" and try them. Because we respect your privacy, all orders are mailed in a plain envelope. If you're not completely delighted, just return them within 30 days for a prompt, full, no-questions-asked refund.

A few Comments from Satisfied "CONFIDENS" Wearers.

"Just what I needed . . . I'm very pleased." B.P.W., Moline, IL

". . . I was so pleased . . . this is a repeat order." T.L.E., Maroa, IL

"Such wonderful garments." Mrs. H.L.S., Alamo, TX

"CONFIDENS", Dept. SEP106, 2246 D Rome Drive, P.O. Box 88319, Indianapolis, IN 46208

☐ Please rush me 1 pr. of "CONFIDENS" for $12.95 plus $1.50 post. and Hdlg.

☐ Please rush me 2 pr. of "CONFIDENS" for $25.00 POSTAGE FREE!

Mailed in Plain Envelope

☐ Men's Briefs,
☐ Sm. (30-32), ☐ Med. (34-36),
☐ L (38-40), ☐ XL (42-44).

☐ Ladies' Panties

Size	Hip Size	Size	Hip Size
☐ 5	36	☐ 8	42
☐ 6	38	☐ 9	44
☐ 7	40	☐ 10	46

Ind. res. add 5% sales tax.
Enclosed is my ☐ check for or ☐ money order for $ _____
Please charge my ☐ Visa ☐ Mastercard
Acct. # _____ Exp. Date _____
Print Name _____
Address _____
City _____ State _____ Zip _____

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In your exploration of Curaçao, you will probably pass by the gigantic Curaçao Drydock Co., one of the largest such facilities in our hemisphere. The complex, painted in bright crayon colors, is so large and unnatural looking that from a distance it resembles a child's over-elaborate erector set. It's an unforgettable sight.

You don't need a new vocabulary to learn the Dutch ABCs. Aruba, Bonaire, and Curaçao simply spel perpetually warm, sunny weather, a myriad of activities, and friendly peo ple. That all goes well in any lan guage.

Can you name this picture?

. . .*contest:* $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or up to five lines of limerick. Please send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in next month's contest. 8 x 10 photos are preferred, along with a stamped, self-addressed envelope for possible photo return. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be received by October 13, 1986.

Our congratulations and a check for $100 go to Ninona Neel, Spokane, Washington, for the winning entry in our May/June 1986 caption contest.

"I'm king of my home," I would gloat.
But my wife's now a hostess of note.
My castle's invaded;
I'm being paraded!
Tomorrow, I'm digging the moat.

Lean Cuisine

continued from page 16

1 cup salsa
1 cup shredded Monterey Jack chees

Soak cornhusks in warm water for a least two hours or overnight. Com bine corn meal, baking powder, anc salt substitute in mixing bowl. Cut ir shortening until the size of smal peas. Stir in chicken broth and adc flour gradually to form soft dough Spread 2 tablespoons corn-meal mix ture on each cornhusk, and form a square that touches one side of husl and leaves at least 1 inch on each o the other three sides.

Combine Frijoles, green onions and hot pepper sauce. Place one smal spoonful bean mixture in center o each square of corn meal on cornhusl wrappers. Roll cornhusk around fill ing starting with side where corn mix ture touches edge of husk. Fold eacl end under and place 12 tamales in 8 x 12" baking dish. Pour enchilada sauce over tamales; cover with plastic wrap. Microwave at High until tende (8-9 minutes).

Remove cornhusks from tamale and place in 1½-quart baking dish Spoon salsa over tamales; top with cheese. Microwave at High unti cheese is melted (1-2 minutes).

Shrimp Burritos
(Makes 4 servings)

½ onion, sliced
2 cups sliced mushrooms
1 clove garlic, minced
½ cup chopped green pepper
2 tablespoons water
½ teaspoon salt substitute
¼ teaspoon white pepper
¼ teaspoon red pepper
¼ teaspoon sweet basil leaves
¼ teaspoon thyme leaves
Dash oregano
2 tablespoons chopped fresh parsley
1 pound medium shrimp, peeled
4 large flour tortillas

Combine onion, mushrooms, garlic green pepper, and water in a 1-quar casserole. Cover with casserole lid

continued on following page

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Famous Nationally Advertised™ Circus Clown Dolls

for only

$5

As part of a nationwide publicity campaign a leading New York firm will give away one of its most expensive childrens dolls—the Famous Nationally Advertised™ Adoradoll™ Circus Clown Dolls —for the astonishing publicity price of only $5 apiece to every person who writes to the company address (below) before Midnight, November 30, 1986.

These are the same famous Adoradoll™ Circus Clown Dolls nationally advertised in leading media across America. Both the BOY Clown and the GIRL Clown have authentic "huggable-soft" plush bodies, rainbow-colored clown costumes, lace trimmed collars and floppy pom-pom hats.

Each doll is over a foot tall. They are great big huggable clowns your children can actually put their arms around and really make friends with.

The cutest and most lovable Circus Clown Dolls you've ever seen, these authentic Adoradoll Circus Clowns are perfect "pals". Every child in America would love to own one—so don't miss out by responding too late. These are the fastest selling and most popular Clown Dolls ever sold by this multi-million-dollar New York firm.

These Famous Nationally Advertised Circus Clown Dolls will *not* be sold at this price by the company in any store. There is a limit of two (2) dolls per address at this price, but if your request is made early enough (before Nov. 25) you may request up to 7. Each doll is covered by the company's full one-year money-back guarantee.

To obtain your authentic Circus Clown Doll mail your name and address and $5 for each doll. (Specify: Boy Doll - R42271 or Girl Doll - R42272). Add $2 shipping and handling per doll. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RTM Co.* Mail to: **RTM, Clown Doll, Dept. 150-122, Box 1708, Hicksville, New York 11802.** **(R42270)**

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Where in the World?

Wherein the Post *presents several items of topographical or architectural significance from around the world.*

A

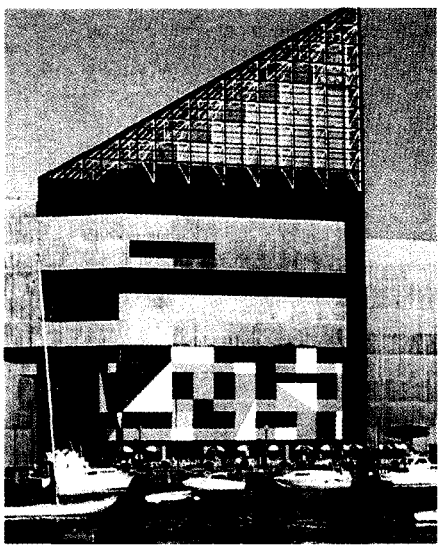
☐ *USSR*
☐ *Colombia*
☐ *Austria*

This church gave birth to a nation, if you put stock in what it's been dubbed: "The Mother Church of. . . ." Sorry we can't give the answer away by finishing the title, but we can tell you that the structure was built in the Byzantine style in A.D. 1037.

B

☐ *Mongolia*
☐ *Saudi Arabia*
☐ *South Africa*

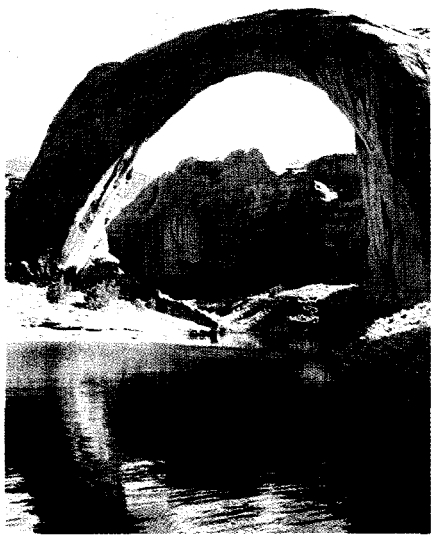
There are coffee tables and dining-room tables and living-room tables. There are bedside tables and water tables and statistical tables and tables of contents. But there's only one Table Mountain in the world. Do you know where it is?



C

☐ *France*
☐ *Bangladesh*
☐ *United States*

It's bigger than a goldfish bowl, and there's no better place to find out if all those fishy stories you heard are true. This national fishtank also has samples from the other varieties of sea life: birds, reptiles, amphibians, invertebrates, plants, and marine mammals.



D

☐ *Virginia*
☐ *Utah*
☐ *Montana*

This natural bridge over an artificial lake is the largest known to man. Accessible on foot, on horseback, or by boat, this national monument arches to a height of 290 feet and a width of 270 feet. The area beneath the lake is a former desert.

Answers on page 112

Microwave at High until vegetables are almost tender (3 to 4 minutes). Add remaining ingredients except for tortillas; cover. Microwave at High until shrimp are pink and start to curl (4 to 5 minutes); stir once during cooking. Place tortillas in a plastic bag. Microwave at High until heated (1 to 1½ minutes). Spoon shrimp filling into tortillas. Fold tortillas in half over filling to eat. Serve with salsa, if desired.

Frijoles
(Makes 8 servings)

2 cans (15 oz.) pinto beans
3 cloves garlic, minced
⅓ teaspoon cumin
½ cup chopped green pepper
1 cup chopped onion
3 sprigs cilantro
1 can (16 oz.) tomatoes
1 teaspoon chili powder

Drain beans and rinse in water; drain. Combine beans and remaining ingredients in 2-quart casserole. Microwave at High until mixture is boiling (8-9 minutes). Then, microwave at Medium (50 percent) 20-30 minutes or until beans are tender and have absorbed most of the liquid. Remove about 1 cup beans and mash. Return mashed beans to casserole and stir well. Top with grated cheese, if desired.

Chili Relleno
(Makes 4 servings)

1 medium zucchini, sliced
1 medium onion, sliced
1 medium green pepper, sliced
1 cup shiitake mushrooms
4 flour tortillas
2 cups tomato salsa
4 chili peppers, chopped
1 cup grated Monterey Jack cheese

Combine zucchini, onion, green pepper, and mushrooms in 1-quart casserole. Cover. Microwave at High until vegetables are almost tender (3-4 minutes). Place each flour tortilla on serving plate. Spoon ¼ of vegetable mixture on each tortilla and top with ¼ of salsa, chilies, and cheese. Microwave one plate at a time at High until cheese is melted (2-2½ minutes). Repeat with remaining filled tortillas. Serve immediately.

Cheese Chilito
(Makes 8 servings)

8 medium corn tortillas

continued on following page

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FAMOUS NATIONALLY ADVERTISED

TURBO 550Z™

CORDLESS ELECTRIC SHAVER

WITH ACCESSORIES

ONLY

$5?

NO DEALERS PLEASE!

UNBELIEVABLE BUT TRUE!

As part of a nationwide publicity campaign, the New York importing firm of the Direct Connection will give away one million (1,000,000) of its most expensive shavers — the *Turbo 550Z*™ with accessories for the astonishing low price of only $5 each to the first one million persons who write to the company address (below) before midnight, Dec. 30, 1986.

These shavers are not copies. These are genuine famous *Turbo 550Z*™ cordless electric shavers — the same shavers that have been nationally advertised in leading media throughout the country. This innovative shaver combines the proven *rotary method* with our exclusive ultra-thin flexible shaving head — scientifically designed to caress the unique shape and contour of your face for a smooth, clean, gentle shave.

The latest *Tri-rotary*™ shaving head includes three high speed, razor sharp, cutting edges that have been precision crafted of the highest quality stainless steel and whisk off unwanted hair and stubble at an incredible 10,000 rpm's! You get a shave that's so close and smooth — without those unsightly nicks and cuts that often occur when you shave with an ordinary razor. The unique shaving head makes this shaver ideal for use by both men and women.

Not only the most expensive, but also the fastest selling cordless electric shaver ever sold by this huge New York firm. Sleekly designed of the newest space-age materials make this shaver rugged yet light weight to make shaving a breeze! Complete accessories include a leatherette carrying case, protective shaver head cover and cleaning brush! Its cordless feature makes it ideal for traveling or a quick touch up anywhere. Makes a practical and impressive gift!

These famous brand name cordless electric shavers will not be sold at this price by the company in any store. To obtain one at this promotional price, you must write to the company address below before midnight, Dec. 30, 1986.

Each shaver is covered by a full one-year money back guarantee and will be replaced, free of charge, if it ever fails to function. There is a limit of two (2) shavers per address at this price, but requests which are mailed early enough (before Dec. 30) may request up to five.

To obtain your famous *Turbo 550Z*™ Shaver with accessories, mail name and address along with $5 for each shaver requested. Add only $2 shipping and handling no matter how many shavers you are requesting. Mail to: **The Direct Connection. Dept. 8251, 37 West 26 Street, New York, NY 10010.**

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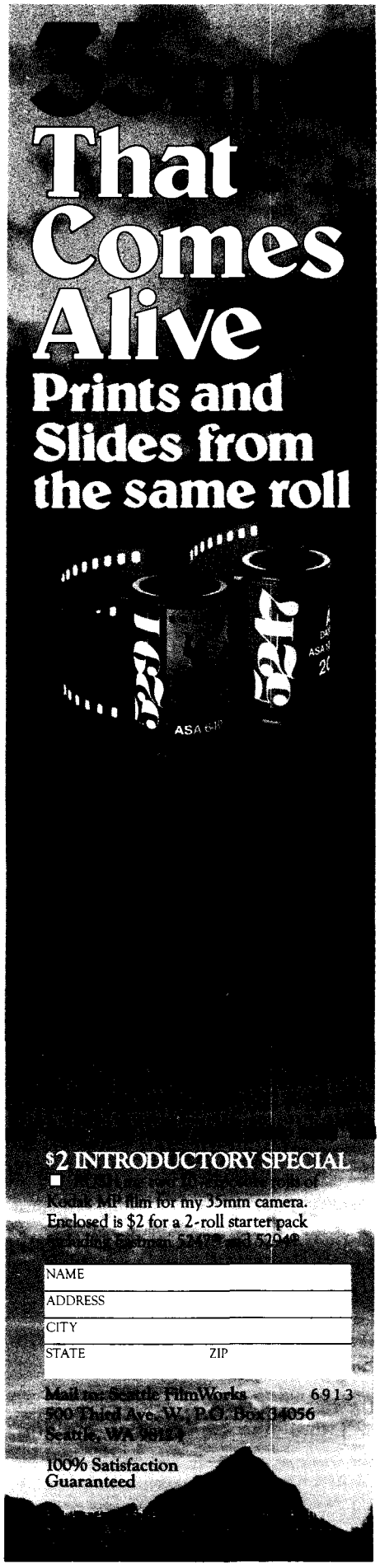

2 cups cubed, cooked chicken
½ cup chopped green onion
1 tomato, chopped
1 cup plain yogurt
½ can (10¾ oz. size) cream of mushroom soup, undiluted
¼ cup finely chopped green chilies
2 cups shredded sharp Cheddar cheese

Microwave tortillas in plastic bag at High until heated (2-2½ minutes). Combine chicken, onion, and tomato. Divide chicken mixture between tortillas; roll up tortillas. Place tortillas, seam side down, in 1½-quart baking dish. Combine yogurt, soup, chilies, and 1½ cups cheese. Pour over tortillas. Cover with baking-dish lid or plastic wrap. Microwave at High until cheese is melted (2-3 minutes).

Healing Pets

continued from page 23

prepare your own.

H.E.W.

Dear Dr. Whiteley:

I just read your article "Watching Your Pet's Weight" (March '86). I was surprised that you did not mention the easiest and most natural way to control a dog's weight, self-feeding. From experience, I know it works. I had a Labrador and a Chihuahua-terrier, and they both were terribly overweight until my vet told me to fill up their bowls, keep them full, and leave the food available 24 hours a day. They lost the excess poundage and never had a weight problem again. They lived to the ripe old ages of 15 and 18. Now I have a collie-shepherd and a mixed terrier (Scottie), both 3 years old, and they have never had a weight problem. The terrier has a stocky build, and I was told she would have a weight problem, but she does not. They are both house dogs and do not get as much exercise as I would like. I even allow them a taste of my evening meal after I have finished, in a small dish of their own.

I was told that it is a dog's nature to eat what it needs, eating until it is FULL and then not eating for a day or so. I find this to be true. My dogs' health is excellent. One of them was even able to give blood to a puppy that was dying and save its life.

Frances H. McCla
Myrtle Beach, South Carolir

Dear Frances:

The cause of obesity is that th body takes in more calories than utilizes. Food intake is regulated b voluntary and involuntary intern controls. You are most fortunate th your animals respond to these cor trols and eat only to maintain the optimum weight.

Most owners are not so fortunat Many animals eat the same amou of food, but as their activity decrea es, obesity occurs. Some dogs overe when competing with another dog fc food. Often, animals overeat whe presented with a more palatable die The reasons for canine obesity are a varied as the ones for human obesity Self-feeding will not result in weigl loss for every dog. Reducing calori and increasing exercise are the on answers for some of us and our pet

Dear Dr. Whiteley:

I have a nine-month-old fema Boston terrier, which our vet insists feed only puppy food. To make th more palatable, I dribble about a ha teaspoon of honey over it. (Sh wouldn't eat it before.) I also brea up one boiled chicken thigh in it fc her evening meal. (I skin these befor boiling them in plain water.) Will th honey harm her in any way?

M.E. Mo
Mobile, Alabam

Dear Mrs. Moss:

I don't think it makes any diffe ence if you feed your dog in th morning or at night, as long as yo are consistent. If your animal seem unsatisfied by once-a-day feedin you can always feed her both morn ing and night. The boned chicken i an excellent source of high-qualit protein, as long as it supplements nutritionally balanced dog food However, honey is an added sourc of calories and a potential contributo to tooth decay. I encourage you t phase it out as your puppy gets olde

H.E.W

Send your questions for the vet to: Ve on Pets, *The Saturday Evening Post*, 11(Waterway Blvd., Indianapolis, IN 4620 Because of the volume of response, th editors regret we cannot reply personal to all letters.

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Speaking Out

continued from page 18

o shape to fulfill her responsibility: 'When I woke up, I just felt dirty, ke I saw myself for what I really as. And I knew I had lost control ver myself. I hated who I was and hat I was."

She went into the bathroom to take bath. "I turned on the water and ıst stood there," she says, "bending ver the tub, thinking about how I'd lown it. I didn't feel sorry for ıyself, and I didn't blame anybody lse. I knew I was the one controlling , but I didn't know what to do. I as hopeless."

She leaned over the tub and adjust-d the temperature of the water, and uddenly she saw the picture again, ıe two pathways crossing the mead-w. The words came back: "At any ıoment during your life, you can hoose to leave the path you're on nd start over on a new pathway."

"I knew," she says, "that if it was ue there are two pathways, then I as on the wrong one." Dusty decid-d to reach out for the new pathway. 'It wasn't a sweet call to God," she ays. "I just dared Him to take con-ol of my life."

Dusty found support at a church. 'he church helped her turn her life round. She finished high school and raduated with honors from Norfolk tate University. Now she is one of he outstanding students in CBN Jniversity's graduate-level Institute f Journalism. Dusty is well along hat new pathway, and it is no longer azy—it's crystal clear.

Cooperstown

continued from page 59

y a dusting of snowflakes on the tatue of a rather brooding James enimore Cooper that stands on the ite of the former Cooper home, Otsego Hall.

Because Cooperstown has nearly 00,000 yearly visitors, it has been la-eled "the most visited village in the Jnited States." And baseball afi-ionados are not the sole reason for his invasion. Cooperstown is also nown as "the town of museums." 'or example, just a mile outside the own is the Farmers' Museum, where he ambience and lifestyle of a leparted era are re-created. An exhibi-ion area, showing Early American farm implements, surrounds the Main Barn, a 1918-vintage structure where costumed employees demonstrate hand productions and trades of the 19th century.

The Fenimore House, a museum housing one of America's finest collections of folk art, is located across the road in the former mansion of the Clark family, the inheritors of the Singer sewing-machine fortune and the philanthropic benefactors of Cooperstown. Selections in the museum range from weather vanes to wood carvings, tavern signs to duck decoys, and ships' figureheads to portraits.

Lest the casual visitor forget the most important "totem" of Cooperstown, reminders of the village's adopted role as the birthplace of the sport of baseball abound. Doubleday Field, sporting a statue of a sandlot kid, and the Cooperstown Bat Company, displaying local hand-finished bats, only touch the surface of what's available. The baseball *pièce de résistance* is, of course, the National Baseball Hall of Fame and Museum, dedicated in 1939 to honor its famous heroes. On display are 8,000 artifacts, including the oldest known baseball and Babe Ruth's famous bat. Newsreels of baseball's greatest moments are shown regularly. You have only to enter the museum to become a fan and to ponder the beginnings of the game in Cooperstown. . . .

Tradition has it that in 1839, Abner Doubleday laid out the first baseball diamond in Elihu Phinney's pasture, Cooperstown. There, with a cloth-stuffed, stitched leather sphere, he conducted the first baseball game ever played. The players were cadets of the military preparatory school where Doubleday was stationed as instructor.

"Not so," say other baseball historians, who contend the game was invented by Alexander Cartwright. They argue that Cartwright organized the first team, the New York Knickerbockers, at Elysian Field, Hoboken, New Jersey, in 1846. Whatever the full truth, it's safe to say that Doubleday did at least formulate some early rules for playing baseball.

Back in Cooperstown, Doubleday

continued on page 112

Another Great Discovery

While Benjamin Franklin was Ambassador to France in the 1780s, he agreed with a young physician from Leipzig, Samuel Hahnemann, that medicine should do no harm. Hahnemann became the Father of Modern Medicine and the Founder of Homoeopathy.

LUYTIES PHARMACAL CO. followed up on this belief and has been manufacturing a complete line of homoeopathic products since 1853, including Dr. Schuessler's tissue salts. These lactose-based, safe and effective tablets are manufactured in accordance with the Homoeopathic Pharmacopoeia method to ensure "purity, quality and accuracy."

FERRUM PHOS. 6x is just one of the many fine products manufactured by LUYTIES. FERR. PHOS. helps prevent and relieve coughs, colds, chills, fevers, congestion and headaches.

LUYTIES products are available in better health and nutrition centers throughout the world, or may be ordered direct from:

LUYTIES PHARMACAL CO., P.O. Box 8080, St. Louis, MO U.S.A. 63156.

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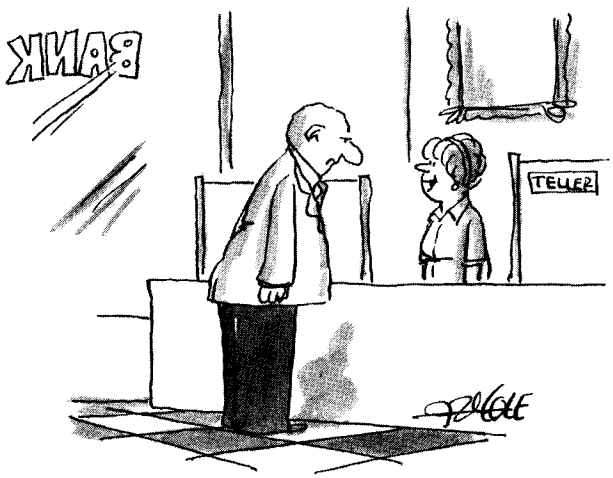
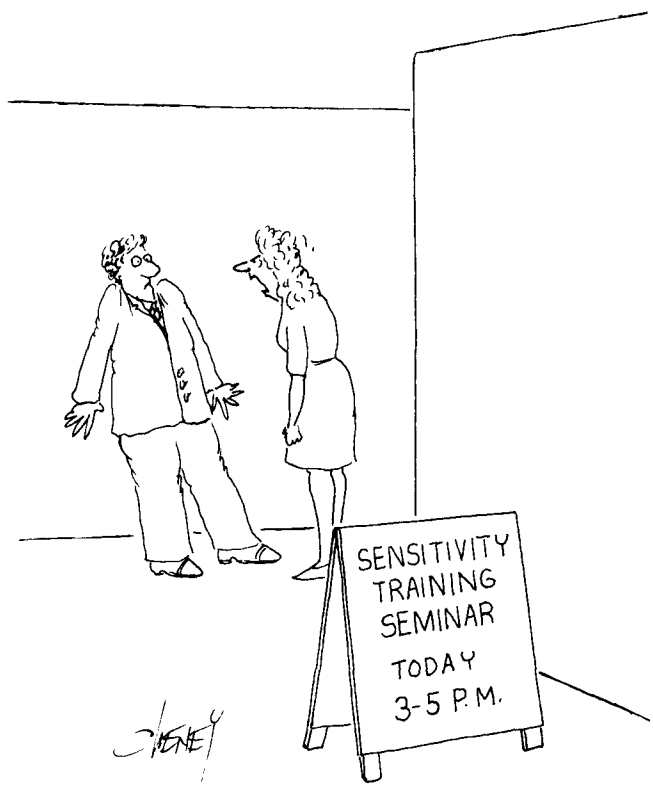
TRENDY TIMES



"It was just a suggestion, sir. You don't have to 'have a nice day' if you don't feel like it."

"I'm afraid this is overdue, but I was in a coma for a month."

"Oh, Edward—not the Porsche scarf with the BMW tie!"



"You heard me, buster! I said, 'Which room is the seminar in?' "

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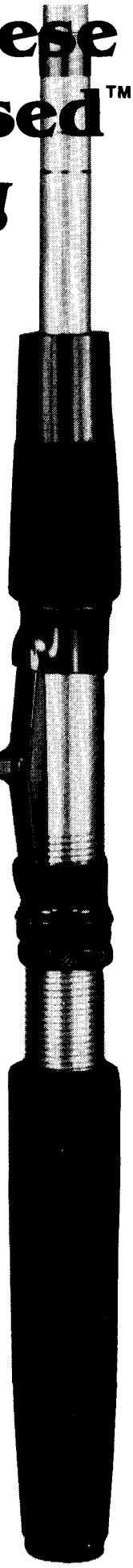
Why Are We Giving Away These Famous Nationally Advertised™ *SWIFT 660/F™ Telescoping Spin Rods* for only $5?



As part of its Anniversary Publicity Campaign, a leading New York firm will distribute one million (1,000,000) of its most expensive spin rods—the Famous Nationally Advertised™ SWIFT-660/F™ Telescoping WhisperCast™ WhamRod™—for the astonishing "Anniversary Price" of only $5 each to the first one million persons who write to the company address (below) before midnight, November 30, 1986.

This *original* Anniversary Ad must accompany your request. Copies or photostats are *not* acceptable.

These are the same famous SWIFT-660/F Telescoping WhisperCast WhamRods nationally advertised in leading media. A full standard 66 inches from base to tip, they spring to complete length in an eye-blinking *6/10ths of a second!*...then telescope down to a mere 16 inches for easy storage in kit bag, glove compartment or attache case.

Crafted of aluminum, stainless steel and space-age fiberglass for extra strength and flexibility, they provide full response along the entire length of the rod, without "flat spots". And allow precise placement of small flies with a minimum of surface displacement.

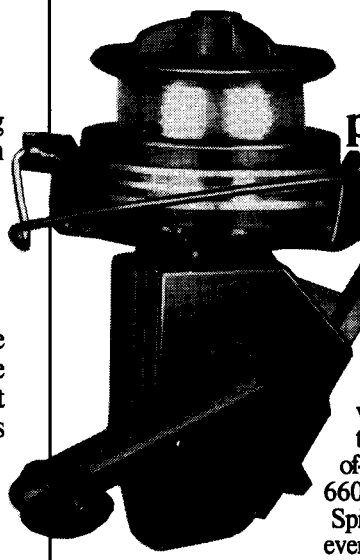
Weighing a featherlight 3.75 ounces, they are the perfect ultralight rods for today's "compleat angler". Designed for casting powerfully over long distances, they're at home on virtually every lake, stream or waterway in America, and ideal for land-casting, general wading, and boat-fishing. Small wonder they are the fastest selling (and most expensive) spin rods ever offered by this giant multi-million-dollar New York firm.

Each rod is covered by the company's full one-year money-back guarantee. There is a limit of two (2) rods per address at this price. But if your order is mailed early enough (before Nov. 25) you may request up to five. These Famous Nationally Advertised SWIFT-660/F Telescoping WhisperCast WhamRods will *not* be sold at this price by the company in any store.

To order, mail this *original* printed ad (no copies or photostats) together with your name and address and $5 for each rod. Add only $2 shipping and handling no matter how many rods you are requesting. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to: RTM Co.* Mail to: **RTM FISHING ROD OFFER, Dept. 150-111, Box 1736, Hicksville, N.Y. 11802.** **(R29380)**
(R29980)

EXTRA BONUS

If you respond promptly



If you are able to reply before Nov. 25, we'll give away the famous top-of-the-line SWIFT-660/F ZoomCast Spinning Reel with every rod you order *...for the astonishing price of just $2 a reel.* (And we'll even wind 250 feet of our best 6-lb-test monofilament line onto each reel!)

These nationally advertised reels perfectly match your rod in weight and balance, and give you fast "thumbs-off" (one-handed) casting over longer distances than you ever dreamed possible. You can cast even the lightest baits without backlash.

Compatible with virtually every plug or lure, the new high-speed gear ratio gives you fast "pop"-action, yet is powerful enough to reel in fish without "pumping". The new open-face design (and desirable skirted spool) eliminates friction and prevents tangles. The anti-reverse is "whisper" silent, and the Microdisc Surge-Free Drag System won't let your fish run away.

The most expensive reel sold by this huge firm, it is yours for only $2 if you act before November 25. (R25166)

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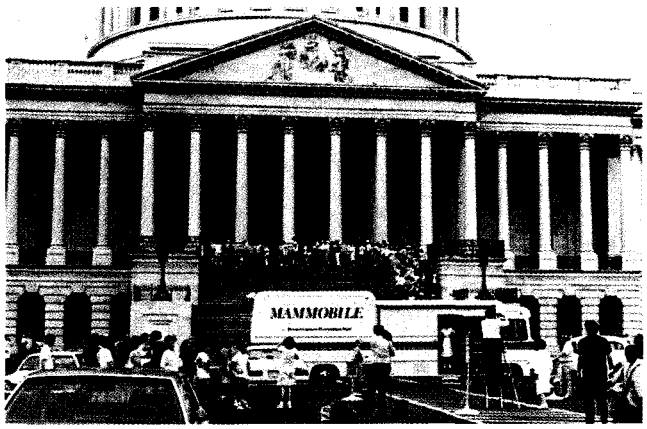
MEDICAL MAILBOX
by Cory SerVaas M.D.

"So teach us to number our days, that we may apply our hearts unto wisdom."
—Psalm 90:12

A Capitol Idea

Dear Dr. SerVaas:

I am writing to congratulate you on the magnificent service you are providing to the women of the Washington, D.C., metropolitan area with your Mammobile. Your educational and diagnostic services are contributing in a very important way to saving lives with early diagnosis of breast cancer.



It seems especially important to screen women in the Washington area because those discovered with cancers can more easily take advantage of the free program for breast-cancer treatment in Bethesda, where an important research project is taking place at the National Cancer Institute.

Any woman whose mammogram leads to a diagnosis of cancer might like to know that the National Cancer Institute is now conducting an important study of treatment for early breast cancer. Participation in the study (comparing treatment with mastectomy and reconstruction to treatment with lumpectomy and radiation) is available to qualified women who have had only a diagnostic biopsy and no other therapy. The initial evaluation, treatment, and follow-up care are provided without cost to women who wish to participate in this study. A personal consultation regarding entry into our program at the National Cancer Institute is available by contacting me or Teresa d'Angelo (our nurse) at (301) 496-5457.

Judith L. Bader, M.D.
Principal Investigator
NCI Early Breast Cancer Trial
Radiation Oncology Branch, NCI
Bethesda, Maryland

. . .and from Virginia

Dear Dr. SerVaas:

Just a great note of thanks for the free mammogram I received today—compliments of you and *The Saturday Evening Post*, CBN, and "Operation Blessing." My appointment was at 2 p.m., and this was the first mammogram I had ever had. A strange experience, but a good feeling to know I've had this done. So many women were able to have this, because of you—first of all. They came in droves.

ABC national news did an article tonight on TV, on mammograms. That was timing! They stated that this usually runs from $75 to $190. A place in Charlotte, North Carolina, only charges $27 and sees about 40 patients a day.

Dr. Tim Johnson talked about how most doctors won't even suggest it to their patients and how it could save so many lives. He is ABC's doctor-in-commentary, and you might want to get in touch with him to tell him what you are doing. I think Dr. Johnson and ABC would both be interested.

Again, thanks for being a lifesaver.

Ann Loizides
Norfolk, Virginia

Lending a Hand

Recent articles in the medical literature have reported apparent links between psoriasis and the irritable-bowel diseases. This suggests there may be a causal relationship between these ailments that we would like to explore for our readers suffering from psoriasis.

We would like all those who have psoriasis to write for our Colitis Club diet and questionnaire. After trying the

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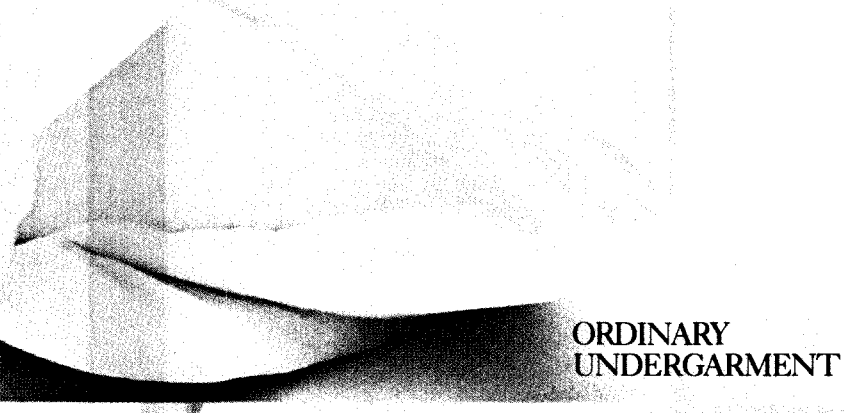
The gap.



ORDINARY UNDERGARMENT

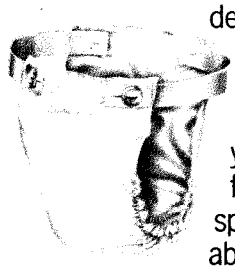
The gather.

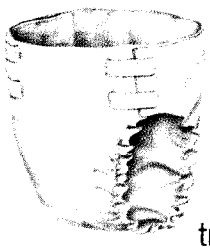
NEW ATTENDS UNDERGARMENT

Introducing Attends.® The best protecting undergarment for bladder control needs.

Introducing the Attends Trim-Fitting Undergarment, with the protection and security you've been waiting for. It's the undergarment that removes the gap in protection better than any other.

The new Attends Trim-Fitting Undergarment is designed for people with a moderate problem. It's the only undergarment with elastic leg gathers that hug and form to your leg for a snug, comfortable fit. And when you combine this special Attends fit with super-absorbent layering, you have the undergarment that protects the best against leakage.





If your problem is more serious, you need the Attends Wrap-Around Brief. It's made with all the protection of the Undergarment, but with additional absorbency and a patented inner lining that actually draws wetness inside and traps it there. And, if you have any questions, you can call us toll-free at 1-800-4-ATTENDS. **Now available in drug, food and Home Health Care stores.**

Attends. Bladder control products that can close the gap between need and protection.

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diet for a month, we would like you to fill out the questionnaire and return it to us noting any improvement or changes in the psoriasis, arthritis, or other ailments. Please indicate your wish to be part of the psoriasis study. Write: The Colitis Club—psoriasis study, P.O. Box 567, Indianapolis, IN 46206.

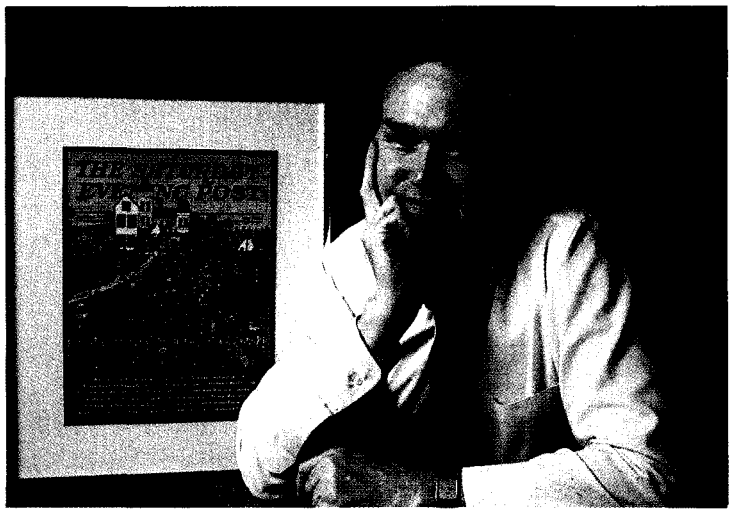
Malignant Melanoma

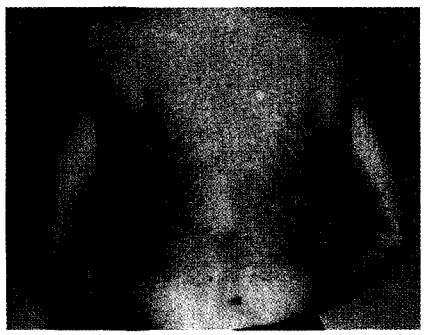
"The Itch That Was Cancer" in the September *Post* reported the story of Gerald W. Malky, who credited our magazine with saving his life because of a previous "Medical Mailbox" article on melanoma. He told of a series of coincidences that led to the discovery of his melanoma: The *Post* had been one of several magazines he had bought while on vacation; he had selected the *Post* to read one night when he couldn't sleep; and the magazine had opened to the article illustrated with a melanoma. It matched exactly the mole on his back. Successfully removed 12 years ago, the malignancy had not returned. Now the *Post* has come to the rescue again.

Malky explains in his phone call: "My wife was reading my story in the magazine and looking at the melanoma illustration, when suddenly she exclaimed: 'My God, you've got another one of those things on your back!' I looked, and lo and behold if I didn't have one that looked just like the first one. It was low on my back, not where it could easily be seen. It was incredible that she should spot it.

"To make a long story short, I went to a skin specialist. He removed the mole, and I got the biopsy report back today. It was a Level 1 melanoma, and malignant. Your magazine has done it again."

Malky told us he has already met with a plastic surgeon, and the day he phoned, a bigger section was being taken off. But the good news is, both doctors say it looks as if the melanoma is a superficial growth. "It was just lucky my wife discovered it," he says, "because after 12 years, to tell you the truth, I've been rather lax about it."





Second-time malignant melanoma patient Gerald Malky recently discovered another mole (left). A malignant mole is usually asymmetrical with blurred borders and varying colors. It may increase suddenly in size and become scaly or bleed. Most occur in fair-skinned persons.

Fire Up for Fire Prevention

October is the month for the observance of Fire Prevention Week in the United States. This year it is from October 5 to 11. It always falls during the full week that includes October 9 and marks the anniversary of the Great Chicago Fire of 1871.

During this week think about some fire facts. In 1984, 4,075 people died in home fires and 18,750 were injured. The U.S. home-fire death rate remains among the highest in the Western world. Roughly half the fatal fires in the United States each year are due to careless use of lighted cigarettes.

Three out of four U.S. households now have smoke or heat detectors—but only one of three has an escape plan to put into effect when the alarm goes off.

Here are some suggestions for the proper observance of Fire Prevention Week. Install a smoke detector in your home, or check the batteries of the one you already have. Do the same with fire extinguishers and do not be afraid to drop into your fire station if you don't know how to use one. Develop an escape plan with the entire family and then practice it. Arrange for a place to meet on the outside of the building so that it will be easier to know if everyone is out of the building. *Teach children how to call the fire department both quickly and promptly.* Work with the entire family on the "stop, drop, and roll" technique for putting out clothing fires.

One last suggestion. Take a few minutes to say a prayer for the 122 firefighters who died in the line of duty during 1985. It has been estimated that more than half of these deaths came from tobacco related fires.

Sulfites on Foods

The Food and Drug Administration's recent ban on sulfites applies only to their use as preservatives on fresh fruit and vegetables and apparently does not include other uses of the compound in canned foods and medications. Potatoes were specifically excluded. Shrimp are almost always treated with sulfites.

Colitis Club Clamor

Dear Dr. SerVaas:

In the July/August issue, my husband and I have noticed some references to a colitis diet in letters to the editor. Where can we obtain a copy of the diet and information about the Colitis Club? My husband suffers from colitis, and I would love to help by preparing the correct foods.

Joy Garner
Havelock, North Carolina

Dear Dr. SerVaas:

I'm interested in the Colitis Club diet. I have an irritated-bowel syndrome and I'm overweight, so I'm also interested in Dr. Katahn's Rotation Diet. I have other problems, such as varicose veins and hemorrhoids, and although I've had surgery, my problems persist. I've been told that losing weight would help. I take Levsin for the IBS, but it seems to stimulate my appetite. I would like to

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et off of it by following your diet.

Marguerite R. Busic
Groveport, Ohio

Dear Dr. SerVaas:

I would appreciate it very much if I ould get a copy of your irritable- owel disease diet. This is the only ime I've encountered anyone who nderstands and is trying to alleviate his miserable, though admittedly on-life-threatening, problem.

Dorothy D. Hove
Story City, Iowa

The Colitis Club is sending you a opy of its diet.

Bran-New Info

Dear Dr. SerVaas:

In the May/June 1986 issue of *The Saturday Evening Post* there was a request for information on oat bran and diabetes. You made a note that you were sending information on this o the writer. My brother and his wife re both diabetic—could you please end me information on this?

Beulah F. Parr
Hyattsville, Maryland

We are sending you information about Dr. Anderson's work with diabetes and oat bran. He also uses other water-soluble fiber foods to help lower insulin requirements for diabetics. The following correspondence from Dr. Anderson will be of interest:

"Our research shows that oat bran works as a part of the diet to improve blood-glucose control in diabetes.

"Our studies with oat bran and blood cholesterol indicate that 50 grams (1½ ounces) of oat bran daily lowers blood cholesterol about 20 percent. This amount of oat bran can be consumed in two oat-bran muffins or in two bowls of oat-bran cereal. This amount of oat bran would probably improve blood-glucose control for persons with diabetes."

James W. Anderson, M.D.
Lexington, Kentucky

No Bones About It

Dear Dr. SerVaas:

I read the most interesting article in the April '86 *Post* called "Boning Up on Calcium." I have a hiatal hernia, and calcium carbonate bothers me when I take it. Citracal sounds like it would agree with me. I am 68 years old and need the calcium; however, I have been unable to obtain the product in Pittsfield, Massachusetts, where I do my shopping.

Would you please let me know where and how I could obtain this product?

Antoinette Brill
New Lebanon, New York

We have had many requests from people who want to try this product and aren't able to find it. We have arranged with the company that developed the product for Dr. Charles Pak to send us a supply for our members. Anyone wishing to try Citracal may obtain a sample by writing to Citracal, The Saturday Evening Post Society, P.O. Box 1144, Indianapolis, IN 46206. Please enclose a contribution to the Society to help cover the costs.

Dear Dr. SerVaas:

I've been reading in the July/August '86 issue about Citracal. Within the last six years I have lost five inches. (I'm 68 years old.) Four years ago I had open-heart surgery. They replaced the mitral valve with a pig's valve. My doctor won't allow me to take calcium because it might lodge in the valve. Does this hold true also for Citracal? Please advise.

Could I have a copy of the colitis diet? I also wish to know how to buy the corn-meal and bran products through the *Post*.

Nancy Rinaldi
Poughkeepsie, New York

We're forwarding your inquiry to Dr. Charles Pak, who may be able to answer your question about calcium and your mitral-valve replacement. You may obtain the high-lysine corn meal and bran products packaged by the Society by joining Partners in Research, 1100 Waterway Blvd., Indianapolis, IN 46206. The Colitis Club is sending you a copy of its diet.

Tastes Great!

Dear Dr. SerVaas:

My husband and I enjoy your magazine. The high-lysine corn meal is used at present for an addition to my husband's cereal. He takes a high-fiber cereal, adds the corn meal, some wheat germ, and protein with milk and heats it in the microwave at six in the morning. It makes for a good start for the day.

Margaret W. Burnett
Hercules, California

LANACANE

The instant itch reliever

...and a lot more

Instantly on contact with the itch. That's how fast LANACANE® Creme Medication starts working to relieve an itch.

That's because LANACANE contains the special type of anesthetic widely used by doctors all over the world for fast and lasting relief from pain and itching. Doctors know that's the only way to really attack itching instantly.

LANACANE Creme simply shuts off the itch. On contact. Quickly and effectively.

What's more, LANACANE is not a hydrocortisone like Cortaid® and Cortizone-5, medications known to work slowly and indirectly. Hydrocortisones don't work on some of your most common itches, because they contain no pain killers at all.

LANACANE works directly on every kind of itch. From insect bites to dry skin, to personal itching. It safely relieves the pain of your irritated, inflamed skin tissue. No matter how sensitive the area. And LANACANE Creme's special antibacterial action helps speed your body's natural healing process.

LANACANE even contains Aloe to soothe and moisturize the skin.

Yet, for all that relief, ounce for ounce, LANACANE costs far less than leading hydrocortisones.

No wonder LANACANE is the world's leader in fast itch relief.

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Filipino Fill-up

Dear Dr. SerVaas:

I got your address through the local telecast of the "700 Club."

I just want to inform you that some Filipinos are taking a local medication to get rid of kidney disease. I do not know if former President Marcos has done it, but based on my experience I can attest that this local practice is effective.

I have had several kidney infections, and they were so severe that I had to cry in pain. They said, according to the folks, drinking the liquid of a young coconut is very effective in this kind of disease. So, we got three young coconuts fresh from the farm. For three mornings, I had the coconut therapy early in the morning before even drinking a glass of water. But I did not drink water but only the coconut liquid for three consecutive mornings. With God's help, it is fine now.

I have also read in a national newspaper that a medical practitioner in Manila is doing this kind of therapy among his clients.

Angelina Santos-Bonghanoy
Philippines

Squealing on Tinnitus

Dear Dr. SerVaas:

I read the letters in the *Post* and think they bring certain problems before the public, so I'm asking you to print mine as soon as possible and bring the subject of tinnitus into the public awareness.

Tinnitus, a condition afflicting millions of people in this country, is a noise in the ear that can vary from a low roar to a squeal or whine. There is no escape from it. It is not audible to others, so friends and workers are not usually aware of the stress the individual is constantly under.

Perhaps there are research centers where people are working to find a cause and a cure, but they are not publicized, so sufferers still don't have advice on how to deal with their problem.

Bonnie L. Lemke
La Crosse, Wisconsin

There are many possible causes of tinnitus (or ringing in the ears). One of the more common is taking too much aspirin, easily treated by cutting back or switching to another type of pain reliever. If your doctor prescribed aspirin specifically, talk it over with him or her first.

As mentioned in the September issue, Ménière's disease can also cause tinnitus. In this disease, there is also a tendency to become dizzy, and the tinnitus is often restricted to only one ear.

A third possibility is labyrinthine disease (L.D.), which refers to a malfunction of the inner ear usually diagnosed due to deafness, nausea and vomiting, blurring vision, and a loss of balance. L.D. can be caused by an infection of the middle ear, trauma to the head causing hemorrhage or splitting of the labyrinth, cardiovascula disease such as arteriosclerosis o blood-vessel disturbances and bloo abnormalities. If the underlying caus can be determined, it is ofte treatable.

Tinnitus can also be caused by ex posure to loud noises. Working in noisy factory, turning up stereos to loud, or any other abuse of the ear can cause hearing loss and associate tinnitus. Thus it is often mandate that above certain levels of noise, ea protection must be worn.

No matter what the cause of th problem, have your physician follo up on it. Ignoring the situation coul cost you your hearing.

Exchange Student

Dear Dr. SerVaas:

The exchange of medical informa tion via this column and your whol magazine is a powerful source o good. I am hoping you will see fit t publish this letter, as I have devastating health problem for whic I have always secretly thought ther was probably a simple cure. I kno so many others who suffer with thi but probably not to the magnitude have endured.

Twenty-seven years ago, when was 27 and pregnant for the firs time, I was given a DES shot to sto miscarriage. Immediately I develope a horrible vaginal yeast infection. I has raged on for all these many year with rare times of semi-remission. have had every appropriate test, suc as for diabetes, plus allergy tests an allergy shots that were to stop thi problem. I have gone on a virtuall carbohydrate-free diet. I now live in hot climate, but the problem is no dif ferent than when I lived in a col climate. I have become allergic t most prescription products, whic don't effect a cure, anyway. I wea cotton underwear, cotton-crotch pan ty hose, have never used colored toile paper, etc., and use good hygiene.

At one time, long ago, I read a obscure paragraph which stated "Vitamin E was helpful to victims o cystic mastitis." Even though m doctor was not impressed, I im mediately began vitamin-E therap and can happily tell you the mastiti went away; there is NO sign of it. continue to take it and recommend i for cystic mastitis. I mention thi because I wonder if there is som similar, simple therapy for this mos

"We've lost your case-history card, which means that whatever you thought you had no longer exists. Therefore, there's nothing wrong with you."

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painful, agonizing personal health problem, i.e., yeast infection. I am literally at my wit's end!

Anonymous
Saint Petersburg, Florida

Lack of Lactose

Dear Dr. SerVaas:

I am very grateful for your research program—it truly is the answer to prayers. My obvious symptoms were diarrhea and gas, but I really had no idea that milk and fruit and corn products were contributing so greatly. But I'm here to tell you that it truly works for me.

My daughter is a dietician in a large hospital. She is very interested in your program and in the help it has been for me. If you have anything in print that I can share with her, I will be happy to forward it to her.

Ginger N. Hadley
Dunnellon, Florida

Many Colitis Club members can add milk to their diets by taking Lactaid, which replaces the missing enzyme (called "lactase") in those who can't tolerate milk products. Further information is being sent.

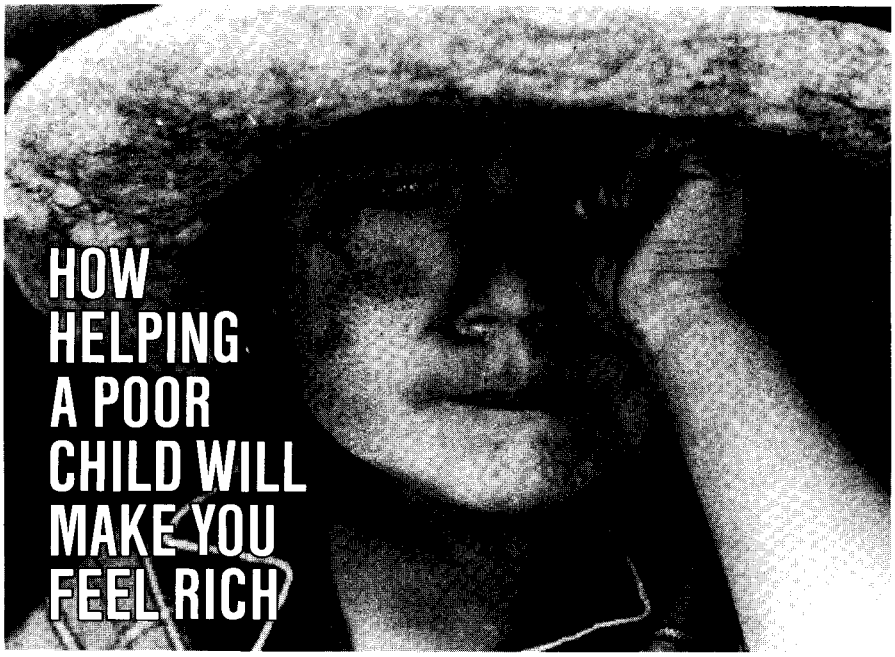
Some people lack this digestive enzyme known as lactase. Without this enzyme, they are unable to digest some or all of the lactose sugar found in milk. This causes a wide range of problems including gas, severe cramping, and diarrhea.

Lactaid is an over-the-counter additive put into regular milk and many milk products, where it predigests the lactose sugar into the simple, more digestible sugars glucose and galactose. This is currently available in liquid and tablet forms.

The makers of Lactaid are beginning to market a line of dairy products with the lactase added during the manufacturing process so that it doesn't have to be done just before use. Called by the brand name "CalciMilk," the product is regular low-fat milk with the enzyme already included.

According to the manufacturer, CalciMilk can be used out of the container just like regular milk in cooking and baking. In addition, it has 66 percent more calcium than is found in nontreated milk. Two glasses supply 100 percent of the Recommended Daily Allowance of the mineral.

Further information on both products is available from Lactaid, Inc.,



You feel many things when a child suffers in desperate poverty.

Pity. Compassion. Frustration. Sadness.

But perhaps you've never considered how helping one poor girl or boy through World Vision's sponsorship program can make you feel rich.

It's beautifully simple.

You see a child's poverty. You help him or her rise above it. Then you feel that child's love... and you sense a new gratitude for the abundance God has given you.

This refreshing alternative to today's growing materialism is an experience that has been shared by thousands of compassionate people since World Vision began Childcare Sponsorship thirty-five years ago.

And now you can become a sponsor, too.

Your monthly gifts will give one child an opportunity to know the love of Christ—as well as regular nutritious meals and medical care, carefully administered by dedicated Christian workers.

You will receive a photo and background information on your child. You will also be able to correspond directly with your child, and you'll receive periodic updates on his or her progress so you can be assured that your gifts are making a difference.

And, best of all, you don't have to be materially rich to sponsor a child through World Vision.

Only 65 cents a day— $20 a month— gives a child perhaps the only hope he or she will ever have of escaping a life of deprivation and poverty.

To become a World Vision Childcare Sponsor, simply complete and mail the coupon below.

There's no need to send any money now. Instead, you'll receive a packet of information about the child who needs your love and care.

Then, if you decide to become a sponsor, keep the packet and mail your first sponsorship payment of $20. If not, return the material within ten days and owe nothing.

Please act today. Thousands of poor children are waiting.

By helping one, you'll enrich two lives.

WORLD VISION
Helping People Care

☐ Please send me information and a photograph today of a child who needs my help. (I understand that if I decide to become a World Vision Childcare Sponsor, I'll send my first $20 payment within ten days. If not, I'll return the materials so someone else can help.) SI

☐ I prefer to make my first payment immediately. I enclose $20.

☐ I can't sponsor a child right now, but would like to contribute $_____. 1000

Name_____

Address_____

City/State/Zip_____

Phone (_____)_____

Your sponsorship payments are tax deductible.

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P.O. Box 111, Pleasantville, NJ 08232. The organization also has a toll-free number available, 1-800-257-8560; in New Jersey call (609) 645-7500. Both numbers are manned between 9 a.m. and 4 p.m. Eastern time.

Instant Relief

Dear Dr. SerVaas:

I noticed the letter from Jane Patterson, March '86 *Post*, regarding intestinal gas. I too had this condition so badly I could hardly sit in church or any meeting. I had a barium enema, etc.; nothing was found, so I started thinking about what I was having that I didn't previously. The culprit was instant coffee! There is a volatile oil I didn't digest. What a relief! No instant coffee for me!

Regarding severe halitosis, stop drinking milk and cut way back on ice cream, etc. It sure worked for my husband.

Fran Liska
Traverse City, Michigan

Breathing Easy Again

Dear Dr. SerVaas:

I had a close call with malignant hyperthermia as an outpatient in August 1985, after Valium and a general inhalation anesthetic were administered. I was told it caused respiratory arrest. Immediate CPR was given. I also had a similar but mild experience with Novocaine given for dental work, although at the time, they called it an "anxiety attack."

Lucille Outler
Conroe, Texas

Sweet Relief

Dear Dr. SerVaas:

"The Hiccups" by Berton Roueché [May/June, '86] was an enlightening article. Even I, at 74, a relatively sound mountain trekker, am infrequently afflicted with hiccups.

Perhaps the best hiccup cure is to swallow one teaspoon of dry, granulated sugar. So advised Dr. Edgar G. Engleman of Stanford University, early in 1981. He tried the remedy on 20 patients, 8 of whom had been hiccuping for periods ranging from one day to six weeks. It worked in 19 out of the 20 cases.

Martin Elliott Thomas
Sacramento, California

Cooperstown

continued from page 103

Field features an annual major league "Hall of Fame Game," in which teams from the National and American leagues perform for 10,000 fans. The small field, in contrast to today's urban multipurpose athletic complexes, gives viewers the impression of returning to the "good ole days" when ballparks were an integral part of most communities.

James Fenimore Cooper predicted in 1838 that the village would become ". . .no mushroom city" but would instead one day "contain a provincial town of importance" as a "resort for the inhabitants of the large towns during the warm months." He was right. The village, bypassed by canals and railroads in the 19th century and by superhighways in the 20th, has never grown larger than 2,800 souls, but its fame has spread far beyond its village limits. Even its medical center, the Imogene Bassett Hospital, has been described by the Carnegie Commission as a model of rural health care. So if you eat too much popcorn and Cracker Jack, there's a place to go.

"I guess it's for one of those 'trial marriages.'"

This year, Cooperstown celebrates its 200th anniversary. The town has rolled out the red carpet to celebrate its founding in 1786 by William Cooper. Festivals and parades, bazaars and picnics, have added to the charm of the village. On December 22, a candlelight procession to the flagpole on Main Street will mark the end of the bicentennial as townspeople dedicate a time capsule.

If you missed Cooperstown this year, there will always be next summer, when you can expect to find the village as unchanged and as fascinating as the thousands of previous visitors have found it. For, like baseball's "boys of summer," the American spirit remains forever young in the village of Cooperstown. ★

TEXT CREDITS

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WHERE DO YOU THINK YOU ARE?

(Answers from page 96)

(Theme: areas bordering the Continental Divide)

1. Alaska
2. Yukon
3. British Columbia
4. Alberta
5. Montana
6. Idaho
7. Wyoming
8. Colorado
9. New Mexico

WHERE IN THE WORLD?

(Answers from page 100)

A. The Cathedral of Saint Sophia, Kiev, USSR, was the first in Russia by that name. The second Saint Sophia took on more "Russian" architectural features.
B. Table Mountain, 3,500 feet high and two miles long, is located just south of Capetown, South Africa.
C. The National Aquarium in Baltimore, Maryland, celebrated its grand opening in 1981. The seven-level structure houses more than 5,000 creatures and even contains a replica of an Amazon rain forest.
D. Rainbow Bridge, discovered in 1909 and declared a national monument in 1910, is part of Glen Canyon National Recreation Area on Lake Powell, in Utah.

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FROM THE WHITE HOUSE

WHAT'S ON YOUR MIND?

A new book by Merlin R. Carothers, author of best seller, "PRISON TO PRAISE".

STATEMENT FROM THE WHITE HOUSE: "WHAT'S ON YOUR MIND? is the best thing that I have read in years—for me and the nation! Thanks for being receptive to God's message. Please send 100 copies. I believe this is what the governmental leaders need." Two months later ..."We are now using this book for our weekly study group.". . .*Herb Ellingwood, Counsel to the President.*

Carothers boldly reaches into scripture and presents clear, irrefutable evidence to support his claim that Christians can control what they think. This possibility opens the door to dramatic changes in every reader.

This new book is typical of the author's style. He gives illustration after illustration of exactly how people have suffered when they entertained wrong thoughts. His stories are so interestingly written that readers feel compelled to keep reading until they learn the solution.

Many books leave the reader under a cloud of guilt for all their past failures, but this book builds toward a final shout of "Victory." The reader is led into a solution so clear that he wonders how he could have been attending church so many years and never been given this simple, clear revelation.

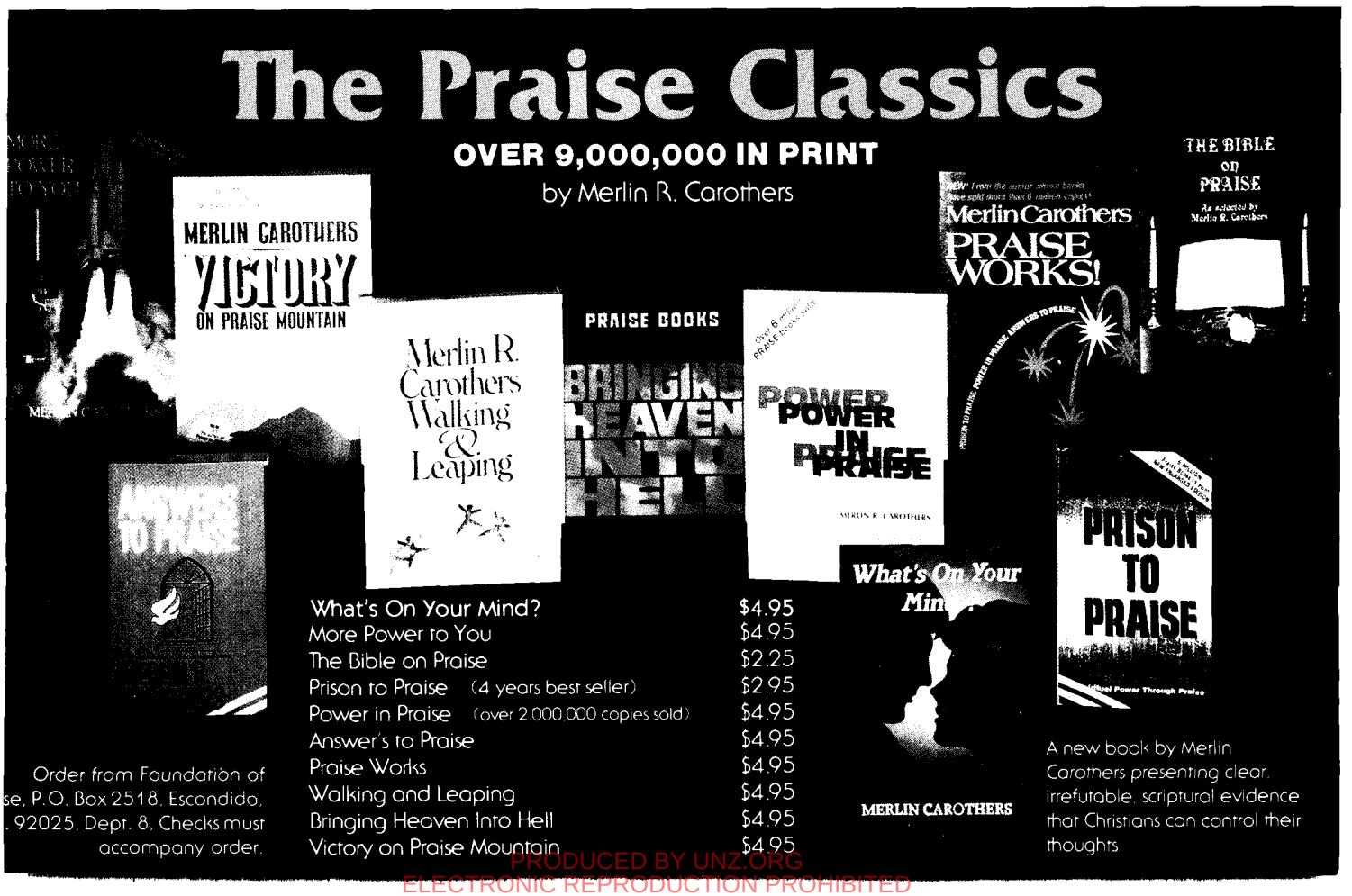
An Excerpt

"Imagine a motion-picture screen above your head. Now, visualize on that screen the thoughts that have come to your mind in recent weeks. Would you be ashamed for everyone you know to see your thoughts? If so, you urgently need to read ..."What's On Your Mind?"

Carothers deals with every day problems in a new, fresh way that is clearly different. In a manner that captivates the reader's attention, he reveals God's plan to release new resources to those who want to receive.

The author's earlier books have been so well received that in nearly every small group you will find people who say, "Oh yes, I know *Carothers'* books. He writes about praising the Lord." That's true, and these books have been so successful that they have already swept around the world—translated and printed in 33 languages. This new book is bound to rapidly receive more attention than anything he has written. Many reports from readers say, "This is different from anything I have ever read by *any* author." Most of those who read "Prison to Praise" thought its principles were amazingly new. Readers of "What's On Your Mind" agree with the President's legal counsel when he said, "the best thing I have read in years," or with laymen who say, "The most unusual book I've ever read."

Copies are available at nearly all religious bookstores or you may order your copy by sending $4.95 to the Foundation of Praise, P.O. Box 2518, Escondido, CA 92025, Dept. 8.



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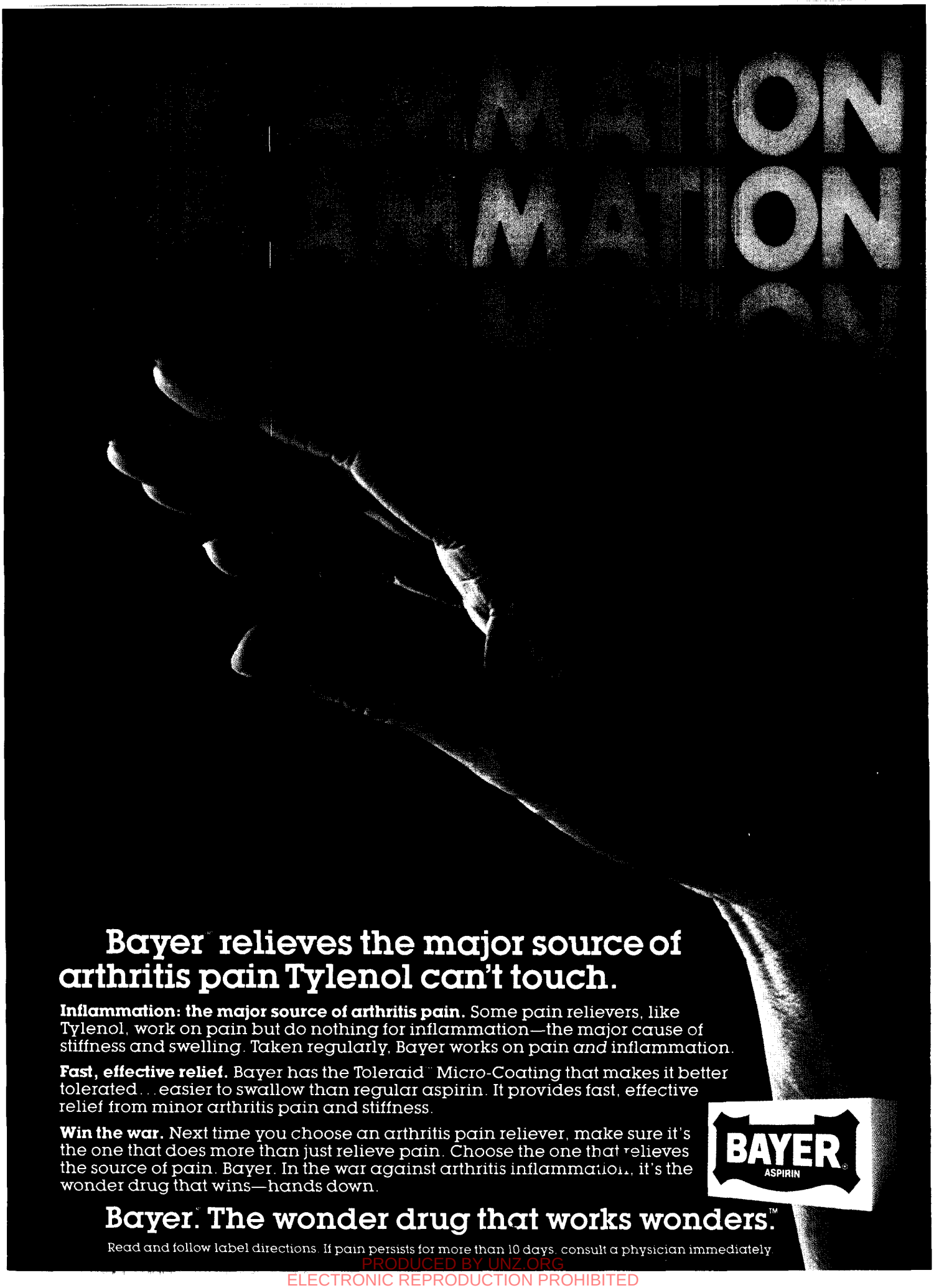

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